

SMOKING, DRINKING & DRUGS DURING PREGNANCY

If **YOU** drink, **YOUR** baby drinks

Every time you drink alcohol go through the placenta and thus to the baby. The liver of the baby is the last organ that develops fully hence the baby can not process the alcohol as well as you can.

Outcomes of drinking during pregnancy are:-

Restricted Growth
Facial Abnormalities
Learning & Behavioural disorders

There is no known safe amount of alcohol use during pregnancy.

*IT'S NEVER TOO LATE
TO STOP.*



If **YOU** do drugs, **YOUR** baby does drugs

Illegal drugs used during pregnancy can have severe health consequences for the baby. This is in view that such substances pass easily through the placenta so they reach the fetus.

Illicit drugs use may cause:-

Neonatal Abstinence Syndrome (Fever;
Diarrhoea; Irritability; Poor feeding)
Birth defects
Low birth weight
Premature Birth
Stillbirths