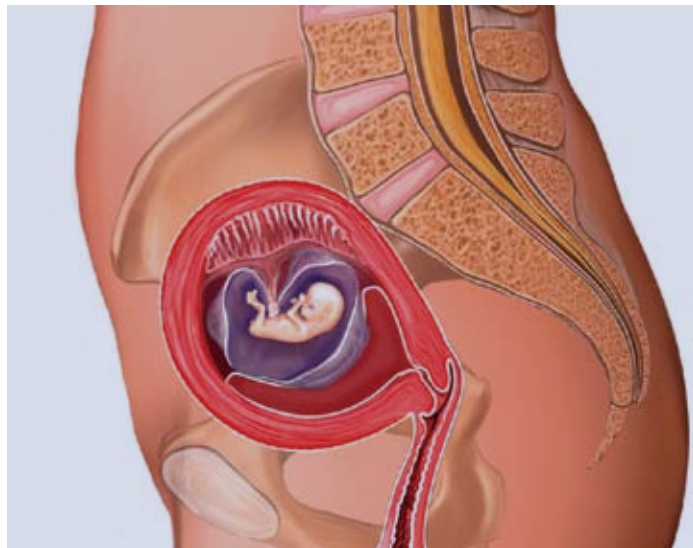


The Effects of Alcohol Consumption on a Developing Baby

MONTHS 1/2/3



- The major organs develop (heart, lungs, kidneys, etc.).
- The basic structure of the brain is laid down.

Drinking alcohol during the first 3 months can result in problems such as heart defects and facial deformities.

Stopping drinking during the first 3 months can help prevent organ damage and changes to the way the face looks.

MONTHS 4/5/6

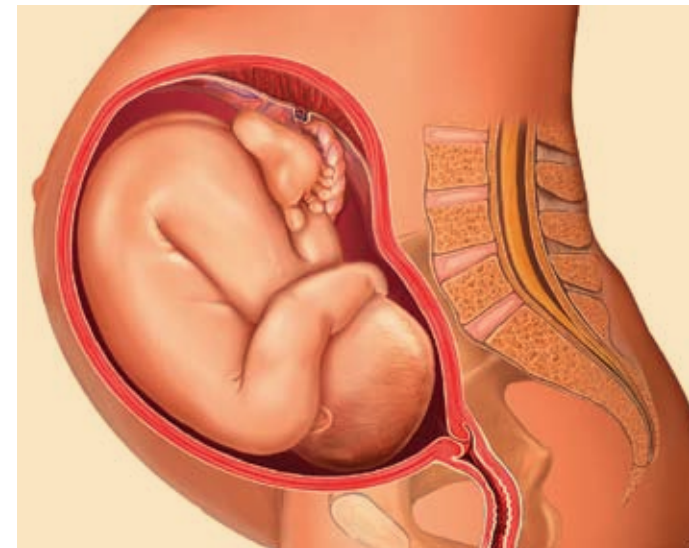


- Body grows rapidly.
- Movement increases.

Drinking alcohol during the second 3 months can slow a baby's overall growth and change the way cells in the brain develop.

Stopping drinking now can improve a baby's birth weight and growth and prevent the most severe effects on the brain.

MONTHS 7/8/9



- The brain grows very rapidly and organizes itself so it can work properly.
- The lungs mature.

Drinking alcohol during the last 3 months can greatly reduce brain growth and hurt overall brain development.

Stopping drinking now can prevent the most severe effects on the brain (early in the 3rd trimester) and prepare the mother to handle the challenges of raising a child.

BIRTH - 18 MONTHS



- The brain continues to grow rapidly as the baby learns new things every minute.

A mother who drinks alcohol while breast feeding will pass some of that alcohol along to her baby. Babies drink less milk when there is alcohol in it.

Stopping now means that a baby will get the nutrition that he or she needs, and a mother can be a better parent, more prepared to deal with the ups and downs of raising children.

Stop Drinking! You have a better chance of having a healthy baby.



Coalition for Alcohol & Drug Free Pregnancies • www.cadfp.org • 1-800-310-2332