

Testimonials

"I wish I would have known that there was someone I could have trusted to help me get into recovery while I was pregnant without getting into trouble. If I had, my baby would have been born drug free and without his many medical problems. Also, he could have gone home with me instead of spending his first 10 months in foster care."

~ Monique, parent

"I am so glad I found recovery because now I can be the mother that I've always dreamed of being. Recovery is the best thing I've ever done for myself... and my family. Since I've found recovery, I've been able to make sense of my life and enjoy my children. My life has been easier and more fun since I've stopped using and drinking."

~ Tricia, parent

You can get help from people who care about you and your baby.

Find Confidential Help in Shasta County on the back of this brochure.

**Talk with your doctor.
Your doctor wants to help you.**

Confidential Help in Shasta County

All of these resources will provide confidential, supportive, and non-judgmental help.

Someone to Talk to:

Parent Partner	229-8497
(Been there, done that)	
Alcoholics Anonymous	244-7022
Narcotics Anonymous	221-5060
Helpline	225-5255

Drug and Alcohol Use Resources:

Treatment and Counseling 225-5240
Shasta County Alcohol & Drug Program
(will refer you to various programs in the county)

Tobacco Use Resources:

Tobacco Education Program 225-5134
Shasta County Public Health
California Smokers Helpline 1-800-NO- BUTTS

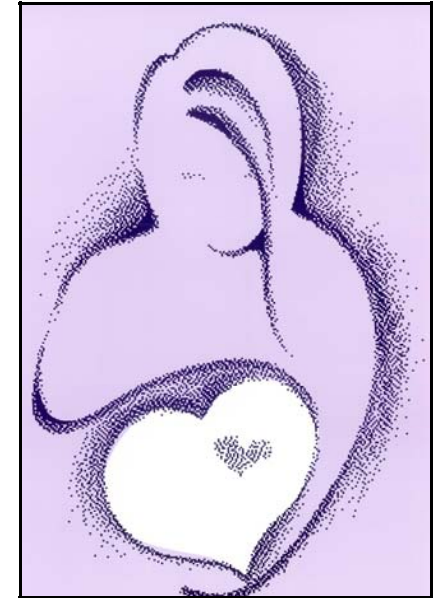
Health Information:

Shasta County Public Health 225-5851 or
1- 800-971-1999

Produced by: Perinatal Substance Abuse Committee
Shasta County Alcohol & Drug Program
CA State MCH Branch/Shasta Co. MCAH Program
Contract #200345

Pregnant/Using/Help to Quit - August 2004
To order more call 1-800-300-5122

Pregnant?

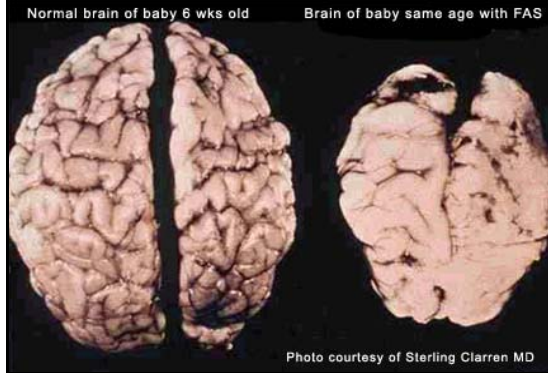


Using? Scared? Want to Quit?

Get Help! See confidential help listed on back of brochure.

Alcohol

No amount of alcohol is safe when pregnant.



Picture of a healthy, normal baby's brain at 6 weeks old.

Picture of a baby's brain with Fetal Alcohol Syndrome (FAS) at 6 weeks old.

If you drink alcohol while you're pregnant, this might happen to your baby:

- Miscarriage
- Fetal Death
- SIDS (Sudden Infant Death Syndrome)
- Deformed Face
- Low Birth Weight

You might discover this later:

- Smaller Brain
- Mental Retardation
- Behavior and Learning Problems (such as ADHD)

Drugs

Drugs are toxic to your unborn baby.

If you use drugs while you're pregnant, this might happen to your baby:

- Miscarriage
- Premature Labor
- SIDS (Sudden Infant Death Syndrome)
- Low Birth Weight
- Growth Retardation

The baby can experience seizures, stroke, and withdrawal.

You might discover this later:

- Lower IQ
- Breathing Problems
- Behavior and Learning Problems (such as ADHD)
- Brain Damage
- Heart Defects



This baby tested positive for Methamphetamine at birth. He was full-term, but weighed 5 lbs. 5 oz. He was born with a brain bleed and Cerebral Palsy.

Tobacco

Don't put poison in your baby by smoking.



Smoking cigarettes causes your blood vessels to squeeze down, which reduces the amount of oxygen and nutrients going to your baby.

If you smoke while you're pregnant, this might happen to your baby.

- Premature Labor
- Low Birth Weight
- SIDS (Sudden Infant Death Syndrome)
- Miscarriage
- Asthma

You might discover this later:

- Developmental Problems
- Lower IQ
- Emotional Problems