

Alcohol, Tobacco, and Other Drugs are Harmful

Alcohol, Tobacco, and Other Drugs

Using alcohol, tobacco and other drugs during pregnancy, breastfeeding, and parenting can impact:

- Your health and your moods.
- Your baby's health.
- The relationships you have with others.
- How much money you have available for food, housing, and other important needs.

You may be facing many challenges that make it hard to get information and help. To get the support you need, talk to your local clinic or WIC staff, or contact the Well Badger Resource Center listed in the "You are Not Alone" section of this brochure.

Give Your Baby A Healthy Start

- Stop smoking or smoke less. Tobacco, vaping products, and smokeless tobacco have ingredients that hurt your baby.
- Keep away from others while they smoke.
- No amount of alcohol is safe while you are pregnant.
- Talk to your doctor before taking any medications.
- Any use of drugs that your clinic did not prescribe for you could harm your baby.
- Breastmilk provides some of the best nutrition and protective benefits for your baby. Talk to your local clinic or WIC staff about how you can keep breastfeeding safe if you are using alcohol or tobacco.

Create A Healthy Home For Your Family

- Use alcohol less.

- Stop smoking, vaping, or using any type of tobacco. If you can't quit, use less. Smoke or vape outside. Have your own rules about smoking or vaping when you drive and when you're in your home. Change your clothes and wash hands after smoking.
- If you are using substances (alcohol or drugs), seek help from a local clinic or get in touch with any of the organizations listed in the "You Are Not Alone" section of this brochure.

You Are Not Alone

If you are struggling or know someone struggling with addiction:

- Call the QUITLINE at 1-800-784-8669, text READY to 200-400, or go to ctri.wisc.edu/quitline for help quitting smoking and vaping.
- Contact the Wisconsin Addiction Recovery Hotline, 833-944-4673, open 24 hours a day, seven days a week, 365 days a year, for help quitting drinking or drugs.
- Call 211, text your zip code to 898-211, or go to the impactinc.org website to online chat, or search the database at impactinc.org/impact-2-1-1 to find help locally in your area.
- Contact the Well Badger Resource Center at 1-800-642-7837, text 608-360-9328, email help@wellbadger.org, or go to wellbadger.org. If you have a loved one that is struggling with substance use disorder and you are looking for help, contact Al-Anon Family Groups at 888-425-2666 or al-anon.org.

