

# Substance Use

## What You Do Today Can Stay With Your Child Forever



### Street Drugs and Medications

Anything that gets you high can harm your baby. Stay away from marijuana, crack, cocaine, heroin, ecstasy, meth, and other street drugs. Using street drugs or misusing prescription medications while pregnant increases the risk that your baby could:

- Be born too small, too early, or stillborn.
- Be born dependent on drugs.
- Have a birth defect, deformities, trouble breathing, or other health problems.

### Things to Do

1. Avoid using street drugs, misusing medications, or taking someone else's medications.
2. Take medications as prescribed for you by your doctor.
3. Talk to your doctor or lactation consultant before taking any medications, herbs, vitamins, supplements, or oils while pregnant. Some medications and all illegal drugs can pass into your breast milk.
4. Ask for help. Call 1-800-TEL-LINK.



### Alcohol

Alcohol includes beer, wine, malt beverages, liquor, and mixed drinks. Drinking any amount of alcohol during pregnancy can result in lifelong problems for your child.

### Things to Do

1. Take a break from alcohol if you are pregnant, could be pregnant, or if you plan to become pregnant.
2. Talk to your doctor or lactation consultant if you have questions about drinking alcohol while breastfeeding.

### Tobacco (Nicotine)

Cigarettes, Juuling, electronic cigarettes, and other vaping products contain nicotine. They are bad for you and your baby. Nicotine increases the risk that your baby could:

- Be born too small, too early, or stillborn.
- Have breathing problems or trouble sleeping.
- Have behavioral problems later in life.

### Things to Do

1. Quit today!
2. Ask for help. Call the Missouri Tobacco Quitline at 1-800-QUIT-NOW (1-800-784-8669) or register online at [www.YouCanQuit.org](http://www.YouCanQuit.org).
3. Keep you and your baby away from secondhand smoke.
4. Breastfeed! Breast milk will help protect your baby from the harmful effects of secondhand smoke.

*No one is more important to your baby than you.  
The choices that you make today can protect your baby from harm for their entire life.*



Missouri Department of Health and Senior Services  
WIC and Nutrition Services  
1-800-TEL-LINK • [wic.mo.gov](http://wic.mo.gov)



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