

THINK YOUR LIFE'S TOUGH?

DRINKING ALCOHOL MAKES LIFE TOUGH
FOR A BABY LONG BEFORE YOU
EVEN KNOW THAT YOU'RE PREGNANT.



THINK AHEAD.

Alcohol can harm a baby's brain at any time during pregnancy,
and that means lifelong problems for you and your child.

(NIAAA - National Institute on Alcohol Abuse and Alcoholism)

EVEN A LITTLE GIVES A BABY BRAIN DAMAGE.

- For help to quit using
- Where to find pregnancy tests
- To get birth control and STD info
- For help to have a healthy baby



WWW.THINKPREGNANCY.ORG

1-800-427-8982 free & confidential

Sonoma County Department of Health Services, Maternal Child Adolescent Health Program
Supported by funds from the California Department of Health Services, Maternal & Child Health Branch and from First 5 Sonoma County.

