

Having a Healthy Baby and Family Begins Today

WIC promotes a healthy lifestyle for parents, caregivers, and their families. Alcohol and substance use can damage the physical, mental, and social well-being of everyone in your family. It is important to seek support. Talk to your health care provider and they can suggest programs to help you stop. WIC has referrals to programs that can help too.

Ask your WIC counselor.



Know the harmful effects of alcohol, tobacco, and drug use.



Smoking and vaping is harmful to you and your family. Breathing secondhand smoke or e-cigarette/vape aerosol is very harmful to infants and children. Not smoking or vaping helps keep your unborn baby and family safe and helps you feel better.

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Drinking alcohol can make it harder to think clearly and make good decisions. For the well-being of your baby, avoid beer, wine, liquor, and mixed drinks. It is not safe to drink any amount of alcohol during pregnancy.

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Using drugs like marijuana, crack, cocaine, heroin, ecstasy, meth, and other drugs can harm your baby. Drugs also can pass into your breastmilk and to your baby.



Taking medications. Talk to your health care provider about any medications you are taking or thinking of taking, including pain medicines. Some are safe to take during pregnancy while others should be avoided. These include prescription, over-the-counter medications and dietary or herbal supplements. Certain medications can cause birth defects or other complications.

Misusing prescriptions or over the counter drugs can harm your baby. This includes taking your own prescription in a way not intended by your doctor and taking prescription drugs prescribed for someone else.

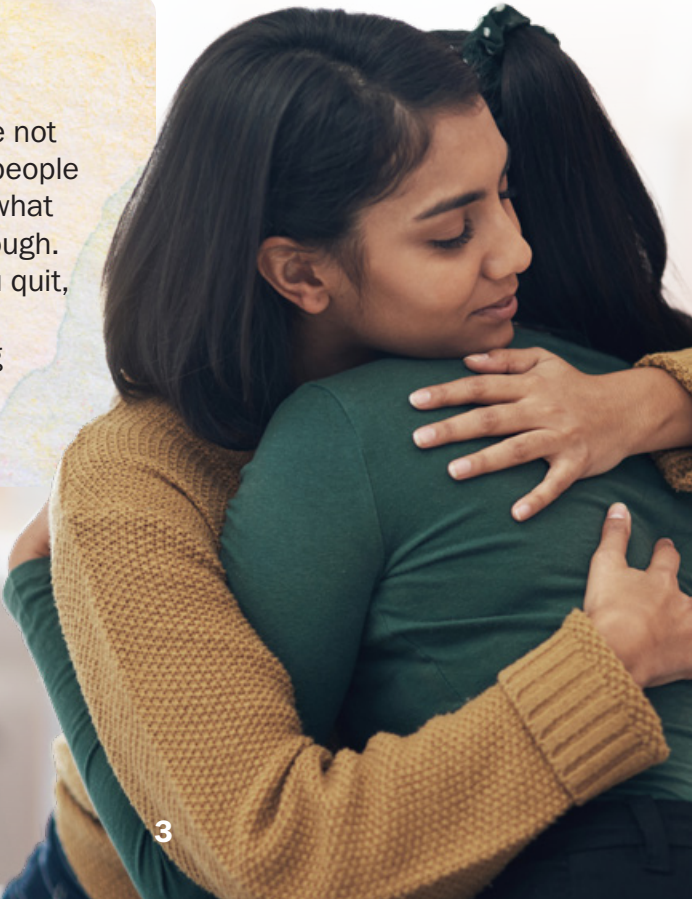


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Visit [MyFamily.WIC.ca.gov](https://www.MyFamily.WIC.ca.gov)
Substance Use for more
information.



Quitting is hard.
Know that you are not alone. There are people who understand what you are going through. They can help you quit, give you tips, and support you along the way.



Resources



Contact the Substance Abuse and Mental Health Services Administration for substance use disorder programs and information. www.samhsa.gov; 24-hour treatment referral line: **1-800-662-HELP (4357)**.



Visit Choose Change California, www.choosechange.org, to get information on the treatment process or locate treatment services near you.



Text or call the 988 Suicide & Crisis Lifeline for immediate support when experiencing a suicidal, mental and/or substance use-related crisis.



California Department of Public Health, California WIC program
This institution is an equal opportunity provider.

1-800-852-5770 | MyFamily.WIC.ca.gov

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