



Pregnancy is an important time in your life. Not only are you taking care of your health, but you are now responsible for the health of your unborn baby. Oftentimes, many emotions accompany pregnancy. You are likely feeling happy and excited, but also nervous and anxious.

We know that nicotine, alcohol, and drugs all pass through the mother's body to her baby. Smoking, drinking, or using drugs can increase the risk of preterm labor, low birth rate, birth defects, cognitive deficits, and behavioral issues. Babies who have been exposed to nicotine, alcohol, or drugs during pregnancy may need extra attention after they are born and as they grow. If you are able to quit smoking, drinking, and using, you are giving your baby a healthy start.

Perhaps you have been smoking, drinking, or using drugs for a long time and have been unable to quit. Or perhaps, you only recently started and feel you can quit anytime. Regardless, there is no better time than now to quit. Your health and the health of your baby will benefit greatly.

The HealthPartners Mother Baby Program is here to help you. Our Mother Baby Specialists are Licensed Social Workers and/or Nurses who have experience helping women quit and stay free from alcohol and drug use. Some of the services we provide include:

- Private appointments at your prenatal clinic to discuss your concerns/needs.
- Referrals to community agencies, including treatment programs, and counselors.
- Collaboration with community providers.
- Assistance with basic needs, such as food and baby items.
- Help with depression, anxiety, and other mental health issues.
- Support and advocacy.

Our Mother Baby Specialists will work with you to provide the level of care you need during your pregnancy. We are also available to see you after you deliver your baby.



We believe that all women want to have a health pregnancy and a healthy baby. Sometimes, life circumstances make this more difficult to obtain. That's why our program is here to help you. We recognize that women who are pregnant and smoking cigarettes, drinking alcohol, or using drugs often feel embarrassed and ashamed. Our Mother Baby Specialists take a nonjudgmental, caring approach. We believe that judgment and shame are not helpful. Therefore, we aim to support you where you are, provide tools for change and growth, and encourage you to succeed.

We look forward to seeing you. Until then, here are some things you can do now:

- If possible and safe, quit now. If you aren't sure how safe it is to quit now, be sure to talk to your doctor or midwife first.
- If you can't quit completely, try to cut down or decrease your use.
- Make and keep your appointment with a Mother Baby Specialist.
- Eat well.
- Take prenatal vitamins.

Most importantly, continue to get prenatal care. Seeing a doctor, midwife, or nurse practitioner during your pregnancy is important for your health and the health of your baby.