

All drinks with alcohol can harm an unborn baby.



No amount of alcohol is safe when pregnant.

Alcohol during pregnancy causes disorders that never go away. Alcohol can cause problems in all trimesters of the pregnancy. Stopping alcohol at any time can help improve the chances of having a healthy baby.

Don't drink alcohol if you're pregnant or trying to get pregnant.

Alcohol during pregnancy can cause:

- Birth defects
- Brain damage
- Behavior problems
- Developmental delay
- Early birth or preterm delivery
- Facial changes
- Fetal death
- Heart defects
- Learning problems
- Low birth weight
- Poor growth

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