

When you're pregnant, ask your doctor about drinking.

Drinking can harm your unborn baby. It can cause heart defects, mental retardation, and other problems.

These birth defects can't be changed, but they can be prevented.

No one is sure how much alcohol it takes to harm an unborn baby. With small amounts, the risks may be small, but as the number of drinks a day increases, so does the risk to the baby.

If you drank at a party, or to celebrate a birthday before you knew you were pregnant, don't worry. But *do* talk with your doctor about drinking now that you are pregnant.

Is drinking a problem for you?

If you drink too much and can't control your drinking, there is something you can do. Reducing or stopping your drinking will improve the chances of having a healthy baby. Your doctor can see that you get the help you need.

There are times when drinking and dreams don't mix.



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