

The Impact of Alcohol During Pregnancy and Breastfeeding



Highlights

It is best to avoid alcohol if you are planning to become pregnant, are pregnant, or breastfeeding.

If you are pregnant and consume alcohol, it passes through the placenta to your unborn baby and may cause harm.

If you are breastfeeding, alcohol enters your breast milk.

In social situations, try switching to non-alcoholic drinks.

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Physical health

Learning and attention

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Planning to Become Pregnant

Breastfeeding and Alcohol

The strength and quantity of alcohol consumed

Whether you have eaten beforehand

Your body weight

The speed at which you drink

Avoiding Alcohol During Pregnancy

"No thanks, I'm on a health kick and have given up alcohol."

"No thanks, I have to drive."

"No thanks, I have an early morning tomorrow."

"No thanks, not while I'm pregnant."

Getting Support to Quit Alcohol

Tools and Assistance

Counseling and Therapy: Professional counseling services can help individuals understand and manage the emotional and psychological aspects of quitting alcohol. Cognitive-behavioral therapy (CBT) has been shown to be effective in helping individuals with addiction and substance use issues.

Support Groups: Participating in a support group, either in-person or online, can provide a sense of community and understanding. Many support groups offer a safe space where individuals can share their experiences and gain advice from others who are also working to quit alcohol.

Mobile Apps: There are numerous apps designed to help you track your alcohol consumption and quit drinking. These apps offer daily reminders, motivational tips, and resources to help you stay on track with your goal to stop drinking.

Behavioral Techniques: Using techniques such as mindfulness and meditation can help manage cravings and triggers that may prompt you to drink. These techniques can be helpful in maintaining long-term sobriety.

Healthcare Professional Support: Your doctor or midwife can provide tailored advice on how to quit drinking, and they may also refer you to specialists, such as addiction counselors, if necessary. It's essential to have professional guidance to ensure your approach to quitting is safe for both you and your baby.

Family and Friend Support: Having a strong support system is crucial for successfully quitting alcohol. Talking openly with your family and friends about your goals can ensure they provide encouragement and understanding when challenges arise.