



ALCOHOL TOBACCO CANNABIS OPIOIDS IN PREGNANCY

One More Conversation Can Make the Difference



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IT STARTS WITH A CONVERSATION

Talking about substance use during pregnancy can be a difficult conversation. One that brings so many questions. What if I can't quit? Is any amount safe? What will people think? Will they judge me? What happens if I don't stop?

But talking about it is the best, first step to changes that lead to a healthy pregnancy. To help take some of the stress out of that conversation, we've gathered the latest information about alcohol, cannabis, opioids, and tobacco use and put them in one easy-to-use place. So whether you're looking for information, trying to understand what questions to ask, or just looking for help, at least finding the information you need won't be so hard.

[Explore the questions](#) on each substance and how it affects your body and your baby throughout your pregnancy and beyond.

[Know the risks](#) so that you can make educated choices for the health of you and your baby.

[Be empowered](#), knowing you are in control of making decisions based on real information, not guesses or unsolicited tips from others.

[Share information](#) with those closest to you, to help encourage a partner to quit with you and maintain your support system throughout your pregnancy.

[Be prepared](#) with the latest information for your next conversation with your healthcare professional and ask them about what is right for you.

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ALCOHOL TOBACCO CANNABIS OPIOIDS WHILE NURSING

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Breastfeeding is the recommended, best way to nourish an infant. Breast milk is the ideal food to help babies develop and grow. The time you spend together and the bond you form is irreplaceable and rewarding. But let's be honest, the sleepless nights, pressure, and seemingly endless work can make it a tough time as well. And substance use while breastfeeding can actually make it all more difficult, and even unsafe for your baby. Talking about it can be hard. But it's important that you know the facts so you can make the best possible decisions for your baby's health and your own.

To help make those conversations a little easier, we've gathered the latest information about alcohol, cannabis, opioids, and tobacco use while breastfeeding and put them in one easy-to-use place. So whether you're looking for answers, trying to understand the best questions to ask, or just looking for help, finding the information you need is easy.

Understand how long a substance stays in your breast milk.

Know the risks so that you can make educated choices for the health of you and your baby.

Be empowered, knowing you are in control of making decisions based on real information, not guesses or unsolicited tips from others.

Share information with those closest to you, so you can maintain your support system through these first important months.

Be prepared with the latest information for your next conversation with your healthcare professional so you can find out the best way to help your baby grow healthy and strong.

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