

# Today is for *me.*

My health.  
My day  
without alcohol.



You are already making healthy choices and now you are making them for your baby's health. Drinking any amount of alcohol at any time during pregnancy or while trying to become pregnant is not safe. Alcohol can cause birth defects, learning disabilities and behavioral problems in your baby.

- The safest choice is to avoid all types of alcohol throughout your pregnancy and even while you are trying to get pregnant.
- Talk with your healthcare provider about your alcohol use if you are thinking about having a baby, are pregnant or breastfeeding.

Remember, today is for *you.*

Your day without alcohol.

Visit **TodayisFor.me** for tips on staying healthy.

# Today is for *me.*

My health.  
My day without  
marijuana.



You are already making healthy choices and now you are planning to take care of your baby. Using any type of marijuana at any time during pregnancy or while trying to become pregnant could cause birth defects, learning disabilities and behavioral problems in your baby. Whether you smoke it, vape it, or eat it, marijuana is passed onto your baby.

- The safest choice is to avoid all types of marijuana throughout your pregnancy, while you are trying to get pregnant, and while breastfeeding.
- Talk with your healthcare provider about your marijuana use if you are thinking about having a baby, are pregnant or breastfeeding.

Remember, today is for *you.*

Your health and your baby's health.

Visit **TodayisFor.me** for information on women's health.