



DRUGS & ALCOHOL USE

Well Mama Team

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The Team



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THE AGENDA



Background


- What are drugs?
- Defining drug abuse
- Why are drugs bad especially during pregnancy?

NAS vs FASD

- Understanding the difference between neonatal abstinence syndrome and fetal alcohol spectrum disorders
- Symptoms
- Video



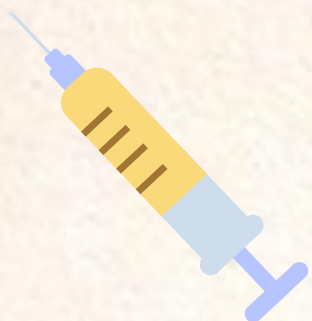
Prevention

- What can you do to decrease drug use during pregnancy?
 - Short Activity
 - Discussion
- 

WHAT ARE DRUGS?



- **Drugs are chemicals that change the way a person's body works.**
- **Two types: Legal drugs vs illegal drugs**
 - **Legal Drugs**
 - **Medicine prescribed by a doctor**
 - **Cigarettes & Alcohol for individuals 21 & older**
 - **Marijuana (only in select states)**
 - **Illegal Drugs**
 - **Opioids: ecstasy, cocaine, LSD, crystal meth, heroin**





DRUG ABUSE



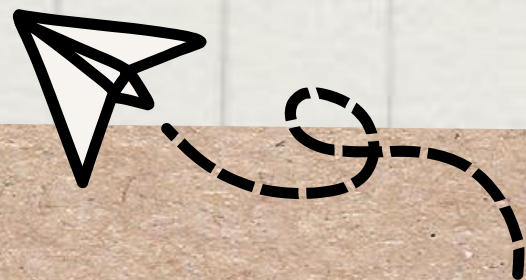
- Using drugs (both legal and illegal) in large amounts for fun and non-medical reasons is called drug abuse.
- People who use drugs over a long period of time can become addicted to the drugs and feel sick when they try to stop taking them, also known as withdrawal
- Drugs are not good for anyone, but they are particularly bad for a pregnant mother whose body is adjusting to a newborn baby





DRUG USE DURING PREGNANCY

- Drug use problems are serious during pregnancy because they can affect you and the baby
- Many drugs pass from the mother's bloodstream through the placenta to the baby, increasing the risk of miscarriage and stillbirth
- Drug use puts the mother at risk for migraines, heart problems, seizures, and high blood pressure
- For the baby, it can lead to higher risk of premature birth, low birth weight, birth defects, sudden infant death syndrome, and behavior and learning problems later in life





If you have used any drugs at any time during your pregnancy, it's important to tell your doctor. Even if you've quit, your unborn baby could still be at risk of health problems





KEY TERMS



- **Neonatal abstinence syndrome (NAS):** a condition that begins at birth after a baby was exposed to drugs, legal or illegal, during pregnancy. when the baby is born, their drug supply through the placenta suddenly stops and they experience withdrawal symptoms.
- **Fetal Alcohol Spectrum Disorders (FASDs):** conditions that occur when babies exposed to alcohol during pregnancy are born with birth defects and developmental disabilities
- **Fetal alcohol syndrome (FAS):** the most severe form of FASDs/effect of drinking during pregnancy. May include fetal death. Infants born with FAS may have abnormalities in the face, growth problems, and mental disabilities.



SYMPTOMS

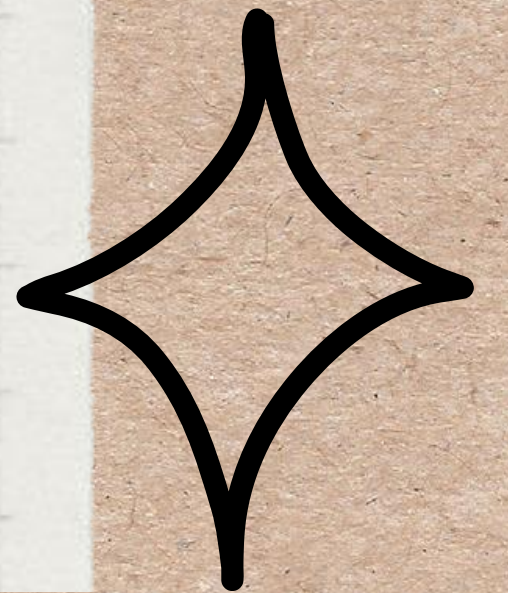


FASD

- Slow fetal growth
- Low birth weight
- Sleep and sucking problems during infancy
- Shorter height
- Abnormalities of face: small eyes, thin mouth
- Poor physical coordination
- Hyperactivity
- Speech/language delays
- Low IQ
- Problems with daily reasoning and judgement

NAS

- Body shakes (tremors)
- Seizures (convulsions)
- Overactive reflexes (twitching)
- High-pitched cry (excessive crying)
- Slow weight gain
- Breathing too fast
- Fever, sweating, blotchy skin
- Trouble sleeping
- Diarrhea or throwing up
- Stuffy nose or sneezing





WHAT CAN I DO?



- **Avoid alcohol, tobacco and other street drugs throughout the pregnancy and exposure to secondhand smoke**
 - **Take your prenatal vitamins!**
- **Manage chronic illness such as diabetes and high blood pressure**
 - **Eat a healthy and balanced diet**
- **Schedule and keep prenatal care visits along with discussing all medications and supplements you are currently taking**



ACTIVITY TIME!



Materials


- Easel paper, poster board, or construction paper
- Magazines
- Art supplies (pens, markers, crayons)
- Google Jamboard (virtual sessions)

Instructions

- Now we're going to design posters that include a promise to be drug free
- When designing your poster, include at least 3 benefits for living a drug-free lifestyle during pregnancy



Vision

- The title of each poster should be "I promise to be drug-free for me and my baby!"
 - At the bottom of the poster, sign your name and date t as a pledge to yourself and your loved ones
- 



Any questions?

yes!

**Let's work together to keep both you and
your baby healthy**





RESOURCES



- [https://www.cdc.gov/pregnancy/polysubstance-use-in-pregnancy.html#:~:text=Substance%20use%20during%20pregnancy%20can,alcohol%20spectrum%20disorders%20\(FASDs](https://www.cdc.gov/pregnancy/polysubstance-use-in-pregnancy.html#:~:text=Substance%20use%20during%20pregnancy%20can,alcohol%20spectrum%20disorders%20(FASDs)
- <https://kidshealth.org/en/parents/fas.html>
- <https://familydoctor.org/tobacco-alcohol-drugs-pregnancy/>
- <https://www.mayoclinic.org/diseases-conditions/fetal-alcohol-syndrome/symptoms-causes/syc-20352901>
- <https://www.stanfordchildrens.org/en/topic/default?id=neonatal-abstinence-syndrome-90-P02387>
- <https://birthyoudesire.com/alcohol-pregnancy-what-you-need-to-know/>
- <https://health.mo.gov/living/wellness/tobacco/psup/index.php>
- <https://www.marchofdimes.org/find-support/topics/planning-baby/neonatal-abstinence-syndrome-nas>
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