



## Avoid alcohol, marijuana, opioids, and illicit drug use during pregnancy and after birth.

*Babies exposed to alcohol and drugs during pregnancy and after birth may have a harder time waking up when they need help*

### Dangers of alcohol and drugs:

- Drinking, using drugs, or taking medication that makes you sleepy is risky while sharing a bed with your baby. You are more likely to roll over on your baby while under the influence.
- Sharing a bed with your baby is also riskier if you or anyone else sharing the bed uses alcohol or drugs or smokes.
- The best thing you can do for your health and baby's health is to quit using alcohol, drugs or smoking. Ask your doctor for help.



### Parent and Caregiver Alert:

**Check if any medicine you take makes you sleepy. Ask your doctor for any other options.**



**ALSO IN THIS SERIES:**  
Baby Behavior Crying  
Breastfeeding  
Prenatal Care  
Room Sharing  
Special Health Conditions

### Let's Talk – Alcohol and Drugs

Avoiding these substances is important to having a healthy pregnancy and baby.

For content resources, visit: [dshs.texas.gov/SafeInfantSleep](https://dshs.texas.gov/SafeInfantSleep)

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### Family and Caregiver Common Questions

#### What should I know about taking pain medication with opioids after birth?

Discuss the risks and benefits of this medication with your doctor.

Take the medication as prescribed by your doctor.

Follow safe sleep guidelines and do not share a bed with your baby if you take medications that make you sleepy.

#### What steps can I take if my baby is around someone who is using alcohol or drugs?

If your doctor prescribes opioids for pain after you give birth, discuss the risks and benefits of this medication with your doctor.

Take the medication as prescribed by your doctor.

Follow safe sleep guidelines when taking prescription medications that make you sleepy. Avoid sharing a bed with your baby.

#### I'm not sure I want to talk about this today. What other resources can you provide?

I know this may be difficult, so it's okay if you don't want to talk about this today.

Let's review your support circle and identify other people you can talk to help meet your goals.

Here is a community resource list that includes information on support groups, mental health support, and other state resources, should you need them.

If these resources are not available in your community, talk with your doctor or baby's doctor to see how they can help.

#### I am receiving methadone maintenance treatment. What safe sleep recommendations do you have for me?

If possible, breastfeed or provide breastmilk for your baby. Keep your baby's crib close, in your room.



#### Let's Talk - Circle of Support

Continue to share safe infant sleep information with parents and caregivers throughout the first year to increase their use of safe sleep practices!

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