



# Substance Use and Pregnancy

Substance abuse during pregnancy not only poses significant risks to the health of the mother but also to the well-being of the developing fetus. It can lead to a range of complications, including premature birth, low birth weight, developmental delays, and even stillbirth. Additionally, substance abuse can have long-lasting effects on the child's physical and cognitive development. While much attention is often focused on the mother's role in addressing substance abuse, it's essential to recognize the crucial role of fathers in this process. Fathers play a vital role in providing support, encouragement, and guidance to their partners during pregnancy. By actively participating in seeking help and treatment for substance abuse, fathers can positively impact the health outcomes of both the mother and the child. It's essential for fathers to recognize the importance of seeking help early and to actively engage in programs and support networks designed to address substance abuse issues. By doing so, they not only contribute to the well-being of their family but also set a positive example for their children and future generations.

## SUBSTANCE USE DURING PREGNANCY: THE IMPACT OF A FATHER'S SUPPORT

Understanding the risks of substance use and providing support and encouragement to the pregnant partner can contribute to a positive outcome for both the baby and the family.



Alcohol use during pregnancy can cause birth defects, developmental disabilities, and other pregnancy problems, such as miscarriage, stillbirth, and prematurity.



Babies of moms who smoke during pregnancy and babies exposed to cigarette smoke after birth have a higher risk for SIDS.

## What to Know About Pregnancy and Substance Use



**Raising Children - Using alcohol and other drugs when your partner is pregnant:** This article orients dads on the importance of limiting/quitting substance intake while their partner is pregnant. It also provides dads with tips and resources to help. [tinyurl.com/AlcDrugWPP](http://tinyurl.com/AlcDrugWPP)



**Raising Children - Smoking or Vaping when your partner is pregnant:** This article warns expecting parents that smoking or vaping around a pregnant woman can harm the unborn baby. It encourages quitting smoking or vaping during pregnancy, emphasizing the benefits for the baby, partner, and the smoker. [tinyurl.com/SmokVapWPP](http://tinyurl.com/SmokVapWPP)



**March of Dimes - Street Drugs and Pregnancy:** This article lists common risks associated with substance use. [tinyurl.com/MoD-SDandP](http://tinyurl.com/MoD-SDandP)



**Secondhand Smoke and Pregnancy:** This article explains the harmful effects that secondhand and thirdhand smoke has on pregnant individuals and their babies. [tinyurl.com/SHSandP](http://tinyurl.com/SHSandP)

🔍 Substance Use Disorder (SUD) ✕

SUD is a treatable mental disorder, affecting a person's brain and behavior, leading to an inability to control the use of substances like legal or illegal drugs, alcohol, or medications.

# Resources for Parents Struggling with SUDs

## For Dad - Can a Father's Alcohol Consumption Affect Their Baby?:

This article highlights new research on how a father's drinking affects their babies' health, connecting paternal alcohol intake before conception to birth defects, heart issues, and behavioral problems in children. It advises men intending to father children to limit alcohol consumption.

[tinyurl.com/DadAlcBaby](https://tinyurl.com/DadAlcBaby)

**For Dad - Substance Abuse:** This page offers tips and practices for fathers struggling with substance abuse themselves, or for those seeking strategies to talk with their children about drugs and alcohol. Each bullet point on this website explores different resources related to tips and best practices regarding substance abuse.

[tinyurl.com/SA4Dads](https://tinyurl.com/SA4Dads)

**For Mom - Preparing for Your Baby: Information for Pregnant and Parenting People with Substance Use Disorders:** This toolkit is designed to help pregnant and parenting people affected by SUDs understand the child welfare system and how to prepare for their baby's safe and healthy arrival.

[tinyurl.com/PREP4BABY-SUD](https://tinyurl.com/PREP4BABY-SUD)

**For Mom - Pregnancy and Substance Use, A Harm Reduction Toolkit:** The Pregnancy and Substance Use Harm Reduction Toolkit provides comprehensive information on supporting the overall health and well-being of pregnant people who use substances and their families. **This work is written, edited, and informed by people who have lived experience of substance use and pregnancy.**

[tinyurl.com/PREG-HARM-RE](https://tinyurl.com/PREG-HARM-RE)



## Recovery Resources

**7 Common Withdrawal Symptoms and What You Can Do About Them:** This website discusses 7 common withdrawal symptoms and different tips on how to manage these symptoms.

[tinyurl.com/7CWDSym](https://tinyurl.com/7CWDSym)

**Alcohol Rehab Guide: Alcoholism Resources:** This website showcases resources across the country that are designed specifically for individuals and loved ones impacted by the harmful effects of alcohol.

[tinyurl.com/AlcRehab](https://tinyurl.com/AlcRehab)

**American Addiction Centers: 12 Steps to Recovery from Addiction:**

The 12-Step Program created by Alcoholics Anonymous is a widely used treatment tool to help people understand the journey into, during, and after recovery.

[tinyurl.com/AACRehab12](https://tinyurl.com/AACRehab12)

**DHCS Directories for Substance Use Disorder Services:** The DHCS has listed various substance abuse services located in California.

[tinyurl.com/DHCSDirect](https://tinyurl.com/DHCSDirect)

**10 Questions to ask yourself before you use marijuana:** This FAQ sheet discusses some of the effects of marijuana use on adult health and includes information on pregnancy and breastfeeding.

[tinyurl.com/FAQ-10MJ](https://tinyurl.com/FAQ-10MJ)

**SAMHSA's Working Definition of Recovery:** Infographic that provides a standard, unified working definition and set of principles for recovery that will help advance recovery opportunities for all Americans, and help to clarify these concepts for peers, families, funders, providers, and others.

[tinyurl.com/RECOVERY-DEF](https://tinyurl.com/RECOVERY-DEF)

