

## Every Woman Wants a Healthy Baby

One way to help accomplish this is:

Don't drink alcohol, use tobacco products  
illegal drugs or  
misuse prescription medications.

To help pregnant women achieve their goal of  
a healthy pregnancy, we offer:

Classes designed for women

Daycare during classes

Case management

Referral services

Limited transportation

Support to access treatment services

Our services are free and confidential

for more information contact

The Davis Family Advocate Program

934 S Main Street

Layton, Utah 84041

801-776-0054

*Quiz answers*

1. False 2. True 3. True 4. False 5. False

# Healthy Babies start with Healthy Moms



**pregnancy is a  
wonderful opportunity  
for change**



Information provided by Davis Family Advocate Program

## Davis Family Advocate Program



### Other facts you should know:

Some women are unable to stop using drugs and alcohol when they are pregnant.

There is support in Davis County to help pregnant women quit using substances.

Pregnant women are automatically placed at the top of the list to receive substance abuse treatment.

Studies show when a pregnant woman stops smoking, taking drugs or drinking alcohol at any time during her pregnancy, she significantly reduces the risk of harm to her baby.

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- \_\_\_ \_\_\_ 1. Drinking a wine cooler or beer while pregnant isn't as dangerous as a shot of hard liquor?
- \_\_\_ \_\_\_ 2. Alcohol related birth defects are completely preventable.
- \_\_\_ \_\_\_ 3. There is no known amount of alcohol that is safe to drink while pregnant.
- \_\_\_ \_\_\_ 4. Most babies of women who smoke weigh the same as women who don't smoke.
- \_\_\_ \_\_\_ 5. Smoking after your baby is born won't harm the child.

Most women know that using illegal drugs during pregnancy is harmful to the unborn baby.

*see the back for answers*

for more information call 801-776-0054