Exercise

Using Substances While Pregnant

– how can this affect the baby?

Taking drugs or alcohol can be very harmful to unborn babies, but in what way?

Match the substance with the risk of harm to the baby:

Ecstacy **Alcohol** **Marijuana**

Methadone **Heroin** **Cocaine**

Amphetamines

1 **Using this substance while pregnant can:**

- Increase the risk of having a **miscarriage OR a stillbirth**
- Can cause waters to break early meaning a **premature labour and premature baby**
- Put the baby at an increased risk of having a **stroke**
- Lead to **poor growth** of the baby in the womb and in later life
- Mean the baby has **feeding problems**
- Increase the risk of the baby having **deformed limbs**
- Cause the baby to have **brain damage**
- Cause the baby to have **problems with their reproductive and urinary organs**
- Cause **sudden infant death syndrome**
- Cause the baby to have **long-term behavioural problems**
- Mean it is **transmitted to the baby through breastfeeding**

Answer:

2 Using this substance while pregnant can:

- Increase the risk of having a **miscarriage OR a stillbirth**
- Lead to **poor growth** of the baby in the womb and in later life
- increase the risk of **death** as the baby is newborn
- lead to **severe, life threatening withdrawal syndrome** after delivery of baby, where baby is **born addicted to the drug**
- mean the baby has **high pitched crying**, is **irritable** and has **tremors**
- mean the baby has **feeding problems**
- lead the baby to **sneeze, sweat, vomit and have diarrhoea**
- increase the risk of the baby having **seizures**
- mean that the baby may need to be **tested for HIV/Hepatitis**

Answer:

3 Using this substance while pregnant can:

- Increase the risk of **early placental separation**, which can cause **early labour, lack of oxygen** to the baby and **bleeding**
- Lead to **poor growth** of the baby in the womb and in later life
- Increase the risk of **death of the baby in the womb**
- Increase the risk of **miscarriage**

Answer:

4 Using this substance while pregnant can:

- lead the baby to have a **low birth weight**
- Increase the risk of having a **premature birth**
- Mean the baby has a **smaller head**
- Mean that the baby is **small in length**
- Increase the risk of having a **stillborn baby**
- Increase the risk of the baby having **memory problems** and a **poor attention span** in later life
- Increase the chances that baby will have a **bowel movement in the womb** which can cause the onset of **early labour and foetal distress**

- Cause the baby to have **breathing problems**
- Mean it is **transmitted to the baby through breastfeeding**

Answer:

5 Using this substance while pregnant can:

- Increase the risk of having a **premature baby**
- Increase the risk of having a **stillborn baby**
- Lead to **poor growth** of the baby in the womb and in later life
- Mean that the baby experiences **narcotic withdrawal syndrome**
- Increase the risk of **sudden infant death syndrome**
- Mean breastfeeding is ok if you are only taking 20mg or less of the substance

Answer:

6 Using this substance while pregnant can:

- Put the **mother at risk of getting hypothermia** which will also affect the baby
- Put the **mother at risk of eating problems**, which will cause the **baby to starve** and not receive the nutrients needed for healthy development
- Lead to a **reduced birth weight** of baby
- Lead to the baby **not reaching developmental milestones at a normal rate**, once born
- Put the baby at risk of **birth defects**
- **Delay the growth** of the baby
- Increase the risk of the baby having **heart problems**
- Increase the risk of the baby having a **stroke**
- Increase the risk of the baby having **musculoskeletal problems**

Answer:

7 Using this substance while pregnant can:

- Mean the baby has a **small head**
- Increase the risk of the baby developing **facial abnormalities**, such as a **cleft palate, thin upper-lip or wide-set eyes**
- Increase the risk of **dental malformations** for the baby
- Increase the risk of the baby having a **learning disability**
- **Delay the development** of the baby throughout their life
- Mean the baby may have **difficulties with speech, movement and social skills** throughout their life
- Put the baby at risk of **vision impairment and poor coordination** throughout their life
- Lead to the baby having **heart problems, kidney defects and abnormalities**
- Can mean the baby is **below average height and weight** throughout their life
- Cause **behavioural disorders such as ADHD**

Answer:	

Using substances while pregnant – how can this affect the baby?

Answer Sheet

1	Cocaine
2	Heroin
3	Amphetamines
4	Marijuana
5	Methadone
6	Ecstacy (MDMA)
7	Alcohol

Exercise

Using Substances While Pregnant

Use the space below to list all the potential impacts of your substance misuse to your unborn baby: