

## **Drug Free Means Being A Better Parent or Caregiver**

It is important to stay away from drugs and alcohol before and after your children are born. Drugs and alcohol can affect the physical and emotional health of your children for a lifetime.

Being a parent or caregiver is a hard job. Parents and caregivers who abuse drugs and alcohol may have a harder time taking care of themselves and the needs of small children.

Children who live with parents and caregivers who abuse drugs and alcohol may grow up with physical problems and have a hard time getting along with others and in school.

Your children need all your love and attention. Remember, the health and happiness of your children depends on you.

WIC is here for your family during the critical stages of growth and development of your children.

**Give your kids love,  
not drugs and alcohol!**



**For Help and Information Call:**

*National Institute on Drug Abuse*  
**1-800-662-HELP (4357)**

**In Wisconsin, call:**  
**1-866-211-3380**

*National Organization on Fetal Alcohol Syndrome (NOFAS)*  
**1-800-666-6327**

*Wisconsin Tobacco Quitline*  
**1-877-270-STOP (7867)**

*American Lung Association*  
**1-800-586-4872**

*National Domestic Violence Hotline*  
**1-800-799-7233**

**Check your local telephone book for the following programs:**

*Narcotics Anonymous (NA)*

*Alcoholics Anonymous (AA)*

*Al-ANON Family Group*

**For information on drug & alcohol services available in your local area contact: 1-800-722-2295**

[www.dhfs.wisconsin.gov/wic](http://www.dhfs.wisconsin.gov/wic)

**Wisconsin WIC**

State of Wisconsin  
Department of Health and Family Services  
Division of Public Health  
PPH 40124 (10/05)



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**Drugs & Alcohol  
Can Hurt You  
And Your  
Children**



*Wisconsin  
Women, Infants &  
Children (WIC)  
Nutrition Program*

**Mother?  
Father?  
Caregiver?**

**The health and happiness of your children depends on you.**



**Abusing drugs and alcohol can affect the physical and emotional health of your children for a lifetime.**

## **DRUGS and ALCOHOL**

Abusing *street drugs* (like marijuana, cocaine, crack cocaine and heroin), *cigarettes, prescription & over-the-counter drugs*, and *alcohol* can affect the health and safety of your children as they grow.

**Mothers, fathers, and caregivers who abuse drugs and alcohol may have problems caring for themselves and their children. They may:**

- ▶ forget to feed and wash their children
- ▶ forget to hold and love their children
- ▶ forget to read, play with, and pay attention to their children
- ▶ scream at or hit their children
- ▶ leave their children at home alone when they are too small to take care of themselves
- ▶ forget to take their children to the doctor
- ▶ drive the car while using drugs and alcohol

**Children who live with people who abuse drugs and alcohol may:**

- ▶ be exposed to AIDS, Hepatitis, or other illnesses if a parent shares needles or has unprotected sex
- ▶ be born with Fetal Alcohol Syndrome (FAS) if their mother drank alcohol while she was pregnant
- ▶ have trouble learning, which may not show up until the child starts school
- ▶ have problems eating, sleeping, seeing, or hearing
- ▶ have problems learning to use the potty
- ▶ have problems getting along with others
- ▶ have emotional problems
- ▶ have other birth defects



**Children who live with people who smoke may:**

- ▶ be at higher risk for Sudden Infant Death Syndrome (SIDS)
- ▶ have more ear infections
- ▶ develop asthma
- ▶ have more respiratory infections, bronchitis, or pneumonia

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**If you need HELP, the WIC staff can provide you with more information or a referral within your community.**