

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. Using 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
1-800-662-4357

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

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 and Alcohol Services
available in your local area contact:
1-800-722-2295



State of Wisconsin
Department of Health Services
Division of Public Health
P-40124 (08/2014)

Adapted with permission from the Pennsylvania Department of
Health—WIC program brochure.

WIC is an Equal Opportunity Employer

Drugs and Alcohol Can Hurt You and Your Children



Wisconsin
Women, Infants &
Children (WIC)
Nutrition Program

Father? Mother? 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 and 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:

- Have a hard time calming themselves.
- Be hyperactive.
- Have difficulty bonding with family.
- Have problems learning to use the potty.
- Have trouble learning.
- Have problems eating, sleeping, seeing, or hearing.
- Struggle with speech.
- Have poor memory.
- Have difficulty making decisions.
- Have problems getting along with others.
- Have difficulty controlling anger.
- Get into trouble at school.
- Have difficulty with anxiety or depression.



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

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