

# Having a Healthy Pregnancy

You are receiving this page because your student is participating in the **Choices Today**, **Options Tomorrow** or **Promoting Health Among Teens** curricula. The goal of these curricula is to provide students with the skills, knowledge, and confidence to make healthy life choices.

Substance use during pregnancy is dangerous for mom and baby. Having a healthy pregnancy means making healthy, responsible choices.

## Sudden Infant Death Syndrome (SIDS)

The risk of SIDS increases when:

- A mother smokes cigarettes or vapes during pregnancy
- A mother is exposed to secondhand smoke during pregnancy
- A baby is exposed to secondhand smoke

## Fetal Alcohol Syndrome

- Is completely preventable by avoiding alcohol during pregnancy
- Symptoms include physical, developmental delays, and even death

## Pregnancy and Medications

Doctors need to know any prescription or over-the-counter medications a pregnant mother uses. Even when taken correctly, these medications can harm an unborn baby.



### Safe Haven Laws

In Indiana, a custodial parent can surrender a baby under 30 days old to an emergency medical service without penalty.



Use the QR reader on your phone to watch a video about the costs of being a parent.



Learn more about fetal development using the **Pregnancy Timeline Handout**.