

Take good care of yourself, so your baby can be healthy

When you stop using cigarettes, alcohol and drugs while you are pregnant and when your baby is small — you are protecting your health and your baby's health.

Every breath you take, your baby feels, too. While it is growing inside you, your baby depends on you for everything. You nourish it as you eat and drink, and you provide oxygen when you breathe.

But when a pregnant woman smokes or drinks alcohol or takes drugs (including prescription drugs), her baby can be harmed before it is even born. The mother can also feel tired and anxious or have trouble sleeping or eating, and may have serious medical problems.

You might be lucky. But who wants to risk her baby's health?

*"My EARLY START counselor helped me quit using crack. It was hard because I started using it at 17, and my husband still uses. My baby was a healthy seven pound baby girl."
~ Early Start Client*

Kaiser Permanente's confidential Early Start program helps women who smoke, drink alcohol or use drugs have healthy pregnancies so they can have healthy babies.

Call Early Start Today

Antioch	(925) 779-5191
Daly City	(650) 301-4680
Fairfield	(707) 427-4405
Fremont	(510) 248-5745
Fresno	(559) 448-4845
Gilroy	(408) 848-7083
Hayward	(510) 784-2715
Martinez	(925) 847-5653
Milpitas	(408) 945-2098
Novato	(707) 765-3458
Oakland	(510) 752-6860
Park Shadelands	(925) 295-5621
Petaluma	(707) 765-3458
Pleasanton	(925) 847-5653
Redwood City	(650) 299-2273
Richmond	(510) 307-2025
Sacramento	(916) 614-4434
San Francisco	(415) 833-3248
San Rafael	(707) 765-3458
Santa Clara	(408) 236-4329
Santa Rosa	(707) 571-4120
Santa Teresa	(408) 972-6878
South Sacramento	(916) 688-4280
Vacaville	(707) 453-5430
Vallejo	(707) 651-2915
Walnut Creek	(925) 295-5621

For More Information...

Call your doctor, nurse practitioner or telephone advice nurse for medical advice.

Call the Health Education Department at your Kaiser Permanente Medical Center for more information about health and medical subjects, educational programs and community resources.

When a new baby is growing inside, you dream of the best.



Early Start

A special Kaiser Permanente program that helps pregnant women take better care of themselves.



KAISER PERMANENTE®

You want to give your baby a healthy start

You're ready to love and care for the new baby growing inside of you.

That's a good reason to stop smoking, drinking alcohol and taking drugs today, to ask your provider before using prescription or over-the-counter drugs, and to ask for extra help stopping (and staying stopped).

"Before I came to Early Start, I thought I was never going to get off the drugs. But coming here and talking about my feelings was very helpful. I had to face my drug use so that I was doing everything in my power to give my baby the best chance for proper development."

~ Early Start Client

Because nicotine, alcohol and drugs (including marijuana and other recreational drugs) pass through the mother's body to the baby, they can affect the baby, as well as the mom. The baby may need extra attention after it is born.

These babies may cry a lot because they are so small. They may have problems eating, sleeping or breathing. They may develop slowly, be mentally retarded or have problems in school.

You can protect yourself and your baby if you stop now.

At Early Start we're here to help

Even if you stopped smoking, drinking alcohol or using drugs when you found out you were pregnant, it may be hard to stay off during your whole pregnancy. These substances can be very addictive.

Early Start helps you get the support you need to quit using and to stay off cigarettes, alcohol and drugs while you are pregnant and after your baby is born.

- Meet privately with a specialist to discuss your concerns.
- Get special help if others in your family make it hard to quit.
- Get medical care from a provider who supports your efforts to stay off cigarettes, alcohol and drugs.
- Plan for proper medication to manage pain without harming your baby.
- Get referrals to resources at Kaiser Permanente and in the community.

"We're specialists in helping people manage pregnancy without cigarettes, drugs or alcohol. Most Early Start moms stay away from drugs and alcohol. They spend less time in the hospital and their babies are born healthier."

~ Early Start Specialist

Early Start confidential services

- A chance to be heard and understood
- Individual counseling
- Couples and family counseling
- Help with family and friends who make it harder to quit
- Stress management
- Parenting information
- Advocacy (help getting other Kaiser Permanente services)
- Follow-up care for you and your family (up to a year after your baby is born)

What you can do right away

- Start where you are
- The safest choice is to stop completely
- If you can quit, do it
- If you can't stop yet, Early Start can help you make a plan and offer you support
- Continue getting prenatal care
- Eat six small meals a day

Call Early Start today

Phone numbers are on the back cover of this brochure.