Moms and Infants

Alcohol, tobacco, and other drugs (including prescriptions) cause a variety of problems for pregnant women and their babies.

- Alcohol during pregnancy may cause physical, behavioral, and learning problems in babies. Read more: Drinking and Pregnancy
- Stop smoking now to reduce the harm to both you and your baby. Read more: Smokefree Women
- Illegal drugs harm pregnant women and their babies. Read more: March of Dimes
- Babies prenatally exposed to addictive drugs (e.g., pain killers, tranquilizers) often suffer from neonatal abstinence syndrome. Watch: Smallest Victims

First Step in Sarasota provides substance abuse treatment to pregnant women 18 years and older. The Mothers and Infants Program combines counseling with parenting, nutrition and life management classes that provide women with skills for on-going recovery, self-sufficiency and family reunification. Clients may stay in treatment for one year. Infants remain with the mother after birth. Call 941-366-5333 for further information.

Healthy Start offers tobacco cessation for pregnant women and women with infants whose family members smoke. For more information call 941-714-7541, ext 302.