

WORDS MATTER!

Using thoughtful language can improve communication with patients, especially those who are pregnant or may be pregnant.

Say This

Person with an alcohol use disorder

Person in recovery

A developing baby's alcohol exposure can reach the same level as the mother's during pregnancy.

There is no known safe amount, no safe time, and no safe type of alcohol use during pregnancy.

Instead of This

Addict, alcoholic, substance abuser

Ex-addict, reformed addict

When a pregnant woman drinks alcohol, so does her baby.

Why would you put your baby at risk of having problems by drinking during pregnancy?