

Episode 15: 5 Tips for Birth Defects Prevention: Part 2

Chris Stallman, a certified genetic counselor, teratogen information specialist and mother of three (soon four), continues her conversation with two experts and new moms from the Centers for Disease Control and Prevention to talk about the five tips for preventing birth defects, which includes the importance of a healthy weight and boosting your health by avoiding harmful substances during pregnancy. Harmful substances discussed include alcohol, tobacco and other drugs. The tips are part of the theme for January's National Birth Defects Prevention Month.

Questions? Call 866.626.6847 | Text 855.999.3525 | Email or Chat at [MotherToBaby.org](https://www.MotherToBaby.org).

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What questions should you ask during the adoption process when it comes to medications, alcohol, illicit drugs and other exposures the baby might have had during his or her birth mother's pregnancy? Our MotherToBaby teratogen information specialists from MotherToBaby California and MotherToBaby North Texas who also have first-hand experience with adoption join host Chris Stallman, a certified genetic counselor, teratogen information specialist and mother of three, to answer the public's questions.

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What passes on to the baby if a mother drinks alcohol or takes opioids during her pregnancy? Are there underlying reasons that could affect the child? Sarah Obican, MD, a maternal-fetal high-risk pregnancy subspecialist from MotherToBaby's Florida affiliate at the University of South Florida in Tampa continues the second part of this important conversation with host Chris Stallman, CGC. Together, they answer one caller's questions about a possible adoption that may have been exposed to alcohol and opioids.

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Can some alcohol be ok during a woman's pregnancy? Has it been researched well? What about opioid use in a birth mom if one is considering an adoption? Will the baby born have problems? Sarah Obican, MD, a maternal-fetal high-risk pregnancy subspecialist from MotherToBaby's Florida affiliate at the University of South Florida in Tampa joins host Chris Stallman, a certified genetic counselor and mom. Together, they answer one caller's questions about a possible adoption that may have been exposed to alcohol and opioids.

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Now that marijuana is legal in many states, pregnant women are asking, is it ok to consume during pregnancy? How about breastfeeding? MotherToBaby Podcast host Chris Stallman, a certified genetic counselor and mother, takes questions from moms around the country about the known safety of marijuana products during pregnancy and while breastfeeding. World-renowned epidemiologist Christina Chambers, PhD, MPH, a University of California San Diego professor whose groundbreaking marijuana in breastmilk study recently made international headlines, joins Chris to

provide evidence-based answers.

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