

When your bundle  
of joy comes with a  
bundle of questions

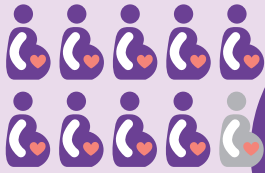
- *Ask the  
experts* -

**FREE** baby  
development  
poster inside



**MotherToBaby**®

“  
*Is this medication a concern  
for me and my baby?*”



**9 out of 10**  
people in the U.S.  
take a medication  
during pregnancy



## Research Fueled by Moms, for Moms

Our observational pregnancy research aims to find answers to whether mom's health conditions and treatments affect her pregnancy.

### **PARTICIPATION IS EASY!**

- 1 to 3 phone interviews during pregnancy with at least 1 interview after delivery
- Releasing medical records for your pregnancy and for your baby
- May include a free specialized pediatric exam and developmental testing for your baby
- No travel or changes to your medication use or healthcare routine

To share your pregnancy  
or learn more

 [MotherToBaby.org/studies](https://www.MotherToBaby.org/studies)

 877.311.8972

 [MotherToBaby@ucsd.edu](mailto:MotherToBaby@ucsd.edu)

MotherToBaby Pregnancy Studies are conducted by OTIS and coordinated at the University of California San Diego.

## Every mom should have access to accurate information to make the best healthcare decisions.

MotherToBaby provides **FREE** information on **ANY** exposure during pregnancy and while breastfeeding.

*When you have  
questions about...*

Infections  
and vaccines



Prescription and  
over-the-counter  
medications



Medical conditions  
(like asthma, psoriasis,  
arthritis, and more)



Recreational substances  
(like alcohol, marijuana,  
tobacco, and more)



Workplace exposures  
(like radiation, chemicals,  
lead, and more)



Other common exposures  
(like caffeine, cosmetics  
and hair treatments, insect  
repellents, and more)




*... contact our  
experts to receive  
personalized  
information!*

Speak directly  
with a specialist at

Call 866.626.6847 

Text 855.999.3525 

Live Chat & Email  
[MotherToBaby.org](https://www.MotherToBaby.org) 

Hablamos Español

# Critical periods of your baby's development



## What are structural birth defects?

Structural birth defects are abnormalities in the structure of body parts. Examples include cleft palate, heart defects and spina bifida.



## What are functional birth defects?

Functional birth defects are problems in how a body system works. Examples include hearing and vision loss.

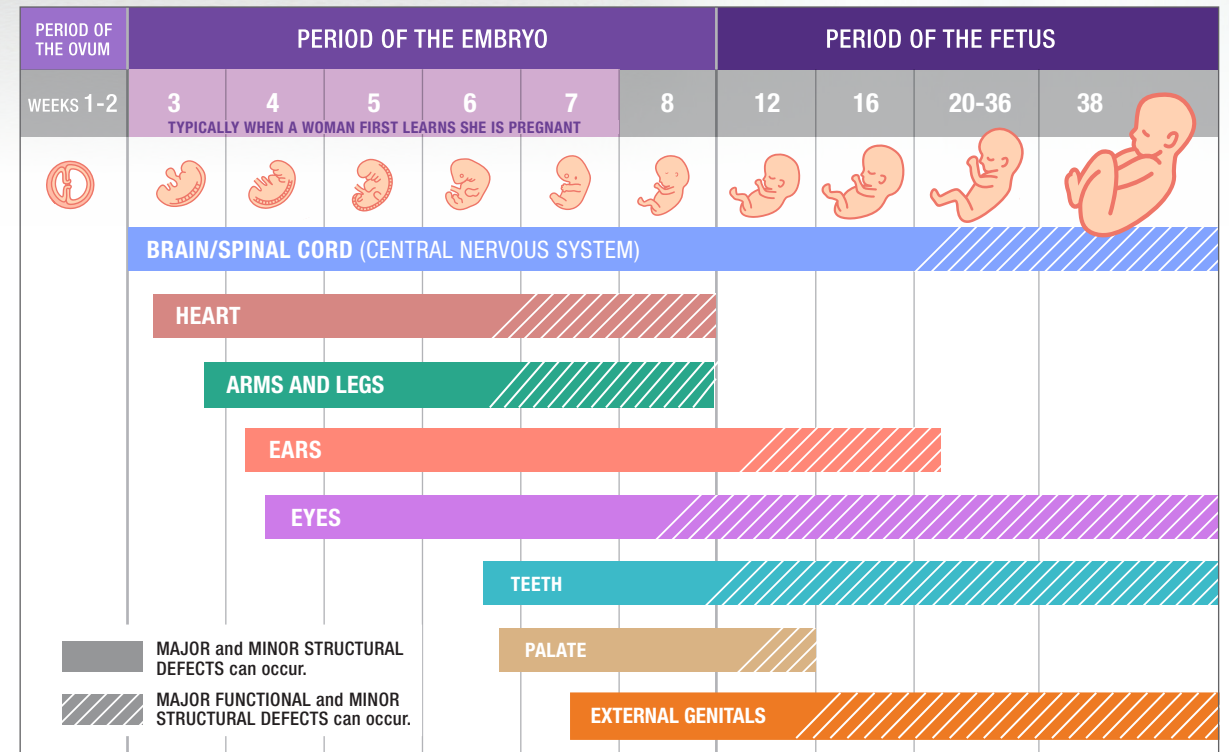


## What causes birth defects?

Birth defects can be caused by genetic (mutations) or environmental factors (teratogens). Examples of teratogens include alcohol, certain medications, and certain infections.



This chart shows the most sensitive times of a **baby's development** during the 38 weeks of pregnancy\*



\*This fetal chart shows the 38 weeks of pregnancy. Since it is difficult to know exactly when conception occurs, health care providers calculate a woman's due date 40 weeks from the start of her last menstrual cycle.

Adapted from Moore, 1993 and the National Organization on Fetal Alcohol Syndrome (NOFAS) 2009



## ASK THE EXPERTS

about medications and other exposures during pregnancy. Visit [MotherToBaby.org/Contact](https://www.MotherToBaby.org/Contact)



MotherToBaby®



MotherToBaby®

**MotherToBaby** is the nation's most trusted source of evidence-based information about medications and other exposures during pregnancy and while breastfeeding.



Join the conversation  
**@MotherToBaby**



MotherToBaby is a service of the non-profit Organization of Teratology Information Specialists (OTIS), and is recommended by the FDA Office of Women's Health and the Centers for Disease Control and Prevention (CDC).

MotherToBaby is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$6,000,000 with zero percentage financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS or the U.S. Government.