

Teratogens

Teratogen: is a substance that can cross the placental barrier and harm the child. Alcohol and tobacco are perhaps the most common and damaging. Mercury, landfills, lead paint

- **Psychoactive drugs**
 - Caffeine
 - Alcohol and fetal alcohol syndrome (FAS)
 - Nicotine's link to SIDS, ADHD, low birth weight
 - Effect of father's smoking
 - Cocaine, marijuana, and heroin
 - Methamphetamine
- **Environmental hazards and pollutants**

Fetal Alcohol Syndrome (FAS)- consuming even low to moderate amounts of alcohol may cause this: combo of retarded growth, face and body malformations, disorders of the nervous system. ADHD symptoms, attention, distractibility, learning difficulties, memory and mood impairment.

Nicotine: low birth weight, miscarriage, retardation, still birth, small head syndrome, medical problems.

Marijuana: birth defects, low birth weight, ADHD, learning problems, visual and perceptual skills deficit, impulsivity- impacts frontal lobe.

Cocaine: spontaneous abortion, delayed growth, premature labor. Low birth weight, birth defects, neurological deficits; acute withdrawal following birth; overall, significant neurological deficits.

Maternal Illnesses: colds, STDs, general medical problems.

Maternal Stress (ongoing for any reason, e.g., abuse, medical, financial concerns): wide psychological disorders, deformities. Negative emotional/behavioral

Over 35: for the mother-diabetes, high BP, severe bleeding. Child- premature birth, birth defects, retarded growth.