

Sometimes the biggest reason to abstain from alcohol is a little one

101 reasons to abstain from alcohol during pregnancy

two eyes
one nose
two ears
ten toes

ten fingers
one sweet mouth
two arms for hugging
two strong legs to run
two feet to walk on in the sun
one spine straight and strong
two hands to hold all day long

20 baby teeth for a beautiful smile
32 permanent teeth after a while
one heart to beat steady & strong
two lungs to sing a nursery song
one good liver, healthy as a horse,
two first words "Mama & Dada" said
over and over and over, of course.

2 frontal lobes for impulse control
1 corpus callosum to process it all
2 healthy parents to care for this child
1 precious little spirit so tender & mild
1 first step towards independence,
as we nurture, protect, guide and love
this wee precious gift sent from above.

Alcohol during pregnancy may cause birth defects or brain damage
© 2004 Teresa Kellerman & Cathy St. Peter www.fasstar.com
