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# WIC Project CARE



## HEALTH AND BEHAVIOR WORKBOOK

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## WELCOME TO WIC

This workbook will help you and your **WIC** staff discuss your alcohol use.

- The **WIC** workbook is yours to keep
- Write in the workbook as you complete each of the steps.

Created by Mary J. O'Connor, PhD, ABPP and Shannon E. Whaley, PhD.  
Adapted with the permission of Michael Fleming, PhD and Janet Hankin, PhD.  
(Funded by NIAAA R01AA12480, O'Connor, PI)

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# IF YOU DRINK, YOUR UNBORN BABY DRINKS TOO

DRINKING WHEN YOU ARE PREGNANT  
CAN HARM YOUR UNBORN BABY



## MAJOR PROBLEMS

Small Size

Mental Retardation

Deformed Face

Heart Problems

## OTHER PROBLEMS

Eating and Sleeping

Hyperactivity

Attention

Language Development

Memory

Learning

Hearing and Vision

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**You can have  
a healthier baby  
if you  
stop drinking.**



**There is no safe level of drinking  
while you are pregnant.**



## RISKY SITUATIONS

People drink for different reasons. Try to think about what causes you to drink. Circle the ones that apply to you.

- Depression
- Frustration
- Boredom
- Feeling nervous
- Feeling lonely
- Anger
- Failure
- Children
- Parties
- With meals
- Other people
- After work
- Weekends
- Arguments
- Watching TV
- When cannot sleep
- Friends
- When smoking
- Feel happy drinking
- Celebrations
- Family

Are there any other reasons why you drink? List these below:

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## WAYS TO COPE WITH RISKY SITUATIONS

It is important to figure out how you can resist drinking in risky situations. Here are some ways.

- Grab a snack
- Telephone a friend
- Go for a walk
- Tell yourself that drinking will not improve the situation
- Drink juice, soda, water or other drinks without alcohol
- Talk to a neighbor
- Read a magazine
- Exercise

List ways you could cope with risky situations without drinking alcohol:

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Think about these situations and the ways you will cope without drinking alcohol.



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## WHAT IS ONE STANDARD DRINK?

Each one of these is *One Standard Drink*



12 ounces of **regular beer** or **light beer**  
(5% pure alcohol)



12 ounces of **wine cooler**  
(5% pure alcohol)



5 ounces of **table wine**  
(12% pure alcohol)



1-1/2 ounces of **hard liquor**  
(gin, rum, vodka, whiskey)  
(40% pure alcohol)



3 ounces of **fortified wine**  
(18-20% pure alcohol)

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## These beverages are more than *One Standard Drink*

**OLDE  
ENGLISH  
"800"**  
22 ounces



**KING  
COBRA**  
32 ounces

(7.5% or 6%  
pure alcohol)

=



3 cans of **regular beer**

**ST  
IDES**  
40 ounces



(8% pure alcohol)

=



5 1/3 cans of **regular beer**

**Colt  
45**  
40 ounces



(6% pure alcohol)

=



4 cans of **regular beer**



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Martini or Margarita  
(40% pure alcohol)

=

2 cans of regular beer

Coors  
16 ounces  
(5% pure alcohol)

=

1 1/3 cans of regular beer

Bud  
ICE  
24 ounces  
(5.5% pure alcohol)

=

2 1/5 cans of regular beer

Mojito  
12 ounces  
(5% pure alcohol)

=

1 can of regular beer

Mike's  
hard  
lemonade  
12 ounces  
(5% pure alcohol)

=

1 can of regular beer

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## SET YOUR GOAL

Decide on a drinking limit for yourself for the next month. Talk with your **WIC** staff so you can agree on a goal you can meet. A reasonable goal for pregnant women is abstinence - not drinking any alcohol. What would you like to do?

stop drinking

cut down

How sure are you that you can stop or cut down on your drinking for **one month**?

**1**

I cannot cut down/stop drinking

**2**

I am not sure if I can cut down/stop drinking

**3**

Maybe I can cut down/stop drinking

**4**

Probably I can cut down/stop drinking

**5**

I am sure I can cut down/stop drinking

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## DRINKING GOALS

What will be the maximum you will drink during the next month?

Maximum number  
of days you will  
drink per week

Maximum number  
of drinks per day

Maximum number  
of drinks in a week

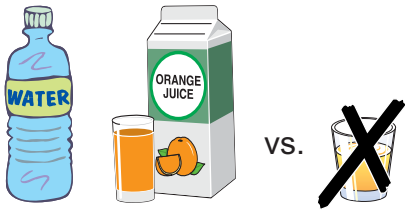
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Mother's Copy

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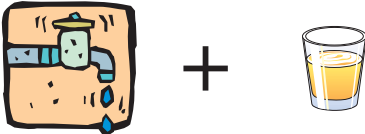
**IF YOU CANNOT STOP DRINKING RIGHT NOW,  
HERE ARE WAYS TO CUT DOWN**



Drink juice, soda, water  
or other drinks instead of alcohol



Eat food when you drink



Add water to hard liquor  
(whiskey, rum, gin)



Sip your drinks slowly



Drink no more than one drink per sitting



Measure your drinks



Do not drink from the bottle

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## VISIT SUMMARY

We have covered a lot today. Changing one's behavior, especially drinking, can be hard. Remember the following points over the next few weeks. **You are changing a habit, and that can be hard work. It will become easier.**

- Remember your goal to stop or cut down your drinking.
- Tell your drinking goal to helpful people – people who will help you achieve your goal.
- When you feel you want to drink, tell yourself the feeling will pass.
- If you are tempted to drink and do not drink, congratulate yourself because you are breaking your old habit.
- At the end of each week, think about how many days you did not drink.
- Some people have days when they drink too much. If this happens to you, start the next day fresh. Return to your goal. **DO NOT GIVE UP.**
- Your follow-up visit is important. Please remember to come back for your next **WIC** appointment.

**Good Luck!**

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