

# ALCOHOL AND PREGNANCY

## How does alcohol affect your baby?



- When you drink, alcohol is passed to your baby through your blood stream.
- Alcohol can be harmful to the way your baby's brain and body grows.
- Alcohol can change the way your baby learns, acts and plays. These changes last a lifetime.

## Stopping or cutting down drinking alcohol during pregnancy will make your baby healthier



- There is no safe time to drink during pregnancy - No amount of alcohol is safe.
- Wine, beer, coolers, hard liquor and home-made alcohol can all cause harm.
- Some women find it hard to reduce or stop using alcohol during pregnancy. If you want to talk to someone about your alcohol use, call your public health nurse.

## What can I do?

- During pregnancy drink lots of fluids like water, milk or fruit juices.  
*You can get free milk coupons at a Healthy Baby program in your area.*
- Eat well during your pregnancy.  
*Your Healthy Baby Prenatal Benefit cheque will help buy the healthy food you need.*

If you have questions or want to talk to someone about alcohol use during your pregnancy, call FASD Information Manitoba toll free at 1-888-877-0050.

## Want to learn more about nutrition, health and your developing baby?

Find out about a Healthy Baby program or Canada Prenatal Nutrition Program in your area. **Call 945-1301 or toll-free at 1-888-848-0140.**

If you live in a First Nation community, call 983-4199 and ask about federal programs.



**Manitoba** 