

How does alcohol hurt my baby?

Drinking alcohol when you are pregnant can cause your baby to be born with many lifelong physical and mental health problems. The effect of drinking alcohol during your pregnancy on the developing brain can mean that your child can have learning difficulties and problems with memory, reasoning and judgment. The health problems caused by drinking alcohol in pregnancy are called.

Fetal Alcohol Spectrum Disorder (FASD).

Are there any safe times for pregnant women to drink alcohol?

No. Drinking alcohol can be harmful to your baby at any point during pregnancy. The baby's brain and nervous system develop throughout the entire pregnancy.

What drinks are harmful?

All drinks containing alcohol can be harmful to your developing baby. Alcohol is in beer, wine, spirits, coolers and ciders.

A drink means a can of beer, cider or cooler (341ml/12oz), a glass of wine (142ml/5oz), or a shot of spirits (sometimes referred to as hard liquor) (43ml/1.5oz).



Is there a safe amount to drink when pregnant?

No. Zero is safest. There is No Known safe level of alcohol use during pregnancy. It is safest not to drink at all when you are pregnant or planning to become pregnant.

What if I was drinking before I knew I was pregnant?

If you had a small amount of alcohol before you knew you were pregnant, talk to your healthcare provider.

It is never too late to quit drinking.

If you need help to quit drinking please talk to your healthcare provider about how to get the help you need.

Every step you take to stop drinking and look after your own health will help your baby to be healthy. As well as not drinking alcohol, there are other steps you can take to be healthy and to protect your baby.

What else can I do to be healthy and protect my baby?

- Get lots of rest.
- See your healthcare provider regularly.
- Eat healthy food.
- Take a Prenatal Vitamin with Folic Acid everyday.
- Spend time with supportive friends and family members.
- Take part in healthy recreation and physical activity.
- Avoid cigarettes and other drugs not prescribed by your health care provider.

ZERO is BEST

There is no known safe level of alcohol use during pregnancy, so it is safest NOT TO DRINK at all when you are pregnant or planning to become pregnant.



HEALTHY MOTHERS & BABIES NEED EVERYONE'S SUPPORT

Tips for Partners and Friends of Pregnant Women

Women need support to avoid alcohol and have healthy pregnancies:

- Cut down or take a break from drinking to support her or avoid drinking around her.
- Take part in social activities that don't involve drinking.
- Encourage women who are pregnant not to drink.
- Participate in recreational and physical activities with your pregnant friend or partner.
- Ask her how to help reduce stress in her life.
- Have non-alcohol drink options at parties or gatherings.



www.healthpei.ca

Where can I get more info and help?

If you need help to stop drinking, be sure to talk to someone. Please talk to your healthcare provider, your friends, family or counselor can help when you decide to quit. Please call:

Motherisk 1-877-FAS-INFO(1-877-327-4636)

Your healthcare provider, local public health nursing office, Addictions Services or Family Resource Centre can help.

Addiction Services

• Alberton	902-853-8670
• O'Leary	902-859-8781
• Summerside	902-888-8380
• Mount Herbert Provincial Addictions Facility (Serving all PEI)	1-888-299-8399
• Montague	902-838-0960
• Souris	902-687-7110

Family Resource Centres

• Kids West, Alberton	902-853-4066
• Cap Enfants, Wellington	902-854-2123
• Family Place, Summerside	902-892-8744
• Mi'Kmaq Resource Centre, Charlottetown	902-892-0928
• Families First, Montague	902-838-4600
• Main Street, Souris	902-687-3928

Learn More About Low-Risk Drinking Guidelines:

www.ccsa.ca

About Alcohol and Women's Health:

bccewh.bc.ca

Services to Quit Smoking:

Call the Smokers' Helpline at 1-877-513-5333 (toll-free)
www.healthpei.ca/quitsmoking

Motherisk 1-877-FAS-INFO(1-877-327-4636)



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