

# ZERO ALCOHOL

is the safest choice  
when you are pregnant.

When you plan your pregnancy,  
there are many choices you can  
make to help your baby be as  
healthy as possible.

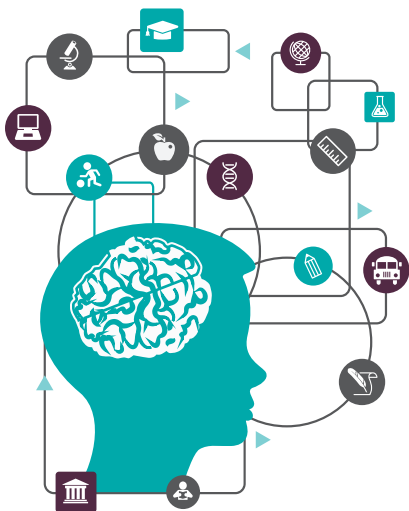
Not drinking is one of those  
important choices.

- ✓ Stop drinking
- ✓ Start prenatal vitamins
- ✓ See a doctor
- ✓ Eat healthy food



Make mine  
a mocktail  
please!

Any kind of  
alcohol, at any  
time during  
pregnancy, can  
harm a  
developing baby.



Alcohol is especially  
harmful to your baby's  
developing brain. It  
can affect future  
learning, memory,  
attention, problem  
solving, social skills,  
and mental health.

Your partner and friends can  
**support your decision**  
not to drink during pregnancy.  
[www.howtohelp.ca](http://www.howtohelp.ca)



It is  
**NEVER TOO LATE**  
to **STOP**  
**DRINKING!**

Every day without alcohol gives your baby  
a better chance to be healthy!