



What have  
you heard  
about  
alcohol and  
pregnancy?

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saskatchewan  
**preventioninstitute**  
our goal is **healthy** children

**There is a lot of confusing information about alcohol and pregnancy.**

**Families want to do what is best for their baby.**

**If you are pregnant or trying to get pregnant:**

- It is **safest** for your baby if you say, **“No thanks”** to alcohol.
- **Any** amount might **harm** your growing baby.
- **All types** of alcohol can cause **harm** (beer, wine, coolers, and hard liquor).
- Alcohol can hurt your baby at **any time** during pregnancy.
- **Talk** to your health care provider.
- **Ask** your **partner and friends** to support your choice to **not drink**.

Some women drink before they find out they are pregnant. It is **never too late** to stop drinking. Every day without alcohol gives your baby a **better chance** to be healthy.

Motherisk can provide information and counselling.

1-877-327-4636      [www.motherisk.org/](http://www.motherisk.org/)

For more information, contact the Saskatchewan Prevention Institute.