

# This is why

I supported her  
not to drink  
alcohol during  
pregnancy.

Alcohol can harm  
an unborn baby.

www.  
**HOWTO**  
**HELP**.CA



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

**Dads have an influence and can make a difference.**

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

© Copyright 2018  
Saskatchewan Prevention Institute

RESOURCE 3-061 Rev. 02/2018

Most moms quit drinking when they find out they are pregnant. A dad can support a mom's decision not to drink while pregnant. This helps their baby's healthy growth and development.

Dads can support moms by:

- asking what will help
- making sure non-alcoholic drinks are available
- choosing activities that don't always include alcohol
- cutting back on the amount they drink or quitting with her

Alcohol can cause birth defects and a lifelong disability.

When a pregnant woman drinks, the alcohol passes through the placenta into the fetus's bloodstream. Alcohol affects the normal development of the baby's growing cells.

There is no known safe amount of alcohol while pregnant. Each day without alcohol is healthier for baby.

Good nutrition, reduced stress, caring relationships, regular medical care, and avoiding substance use add up to healthier babies and families.

***What will you do to support her?***

For more information, go to: **[www.howtohelp.ca](http://www.howtohelp.ca)**