



Pregnancy and Alcohol

WHAT DOCTORS WOULD
LIKE YOU TO KNOW



Did you know that alcohol can harm an unborn baby?

Alcohol can harm an unborn baby's developing cells. When the cells are harmed, it changes how an unborn baby grows and develops.

Alcohol can harm any part of the unborn baby's body, including the brain. This harm is lifelong. This harm can make a child's growing and learning difficult. These difficulties remain when the child is an adult.

This is why doctors and researchers advise you not to drink any alcohol when you are pregnant.

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How can you protect your unborn baby from alcohol?

- If you are having sex, use birth control that works well until you are ready to have a baby. You can talk to your doctor or nurse about birth control.
- If you miss your period and might be pregnant, quit drinking and get a pregnancy test.
- Quit drinking alcohol when you decide to try to get pregnant.
- Choose not to drink for all 9 months that you are pregnant.
- Ask your partner, family, and friends to help you quit drinking while you are pregnant.

It is never too late to quit drinking. For some people, it is easy to quit drinking. For other people, it is hard to quit drinking.

If it is hard for you to quit drinking, ask for help from:

- Your doctor, nurse, or health centre
- Saskatchewan HealthLine 811
- Addictions Services in your area