



Pregnancy and Alcohol

WHAT DOCTORS WOULD
LIKE YOU TO KNOW

Alcohol affects every person's body differently. Alcohol also affects every fetus (unborn baby) differently. Here are some reasons:

- Health of mother (food she eats and illnesses)
- How much alcohol is used
- When alcohol is used
- DNA of mother and father
- Stress, violence, poverty, or trauma

During pregnancy, alcohol can affect any part of the baby's developing body, including the brain. These effects can happen before a woman knows she is pregnant. These can make a child's growing and learning harder. This is why it is healthiest to not use alcohol when trying to get pregnant.

It is never too late to reduce harm by quitting drinking or cutting back on drinking. Habits that a woman has before she is pregnant can be hard to change. Working on changes before pregnancy can make it easier. Having support from partner, family, and friends can also make it easier.

Ideas to help have a healthy baby:

- Take prenatal vitamins before and during pregnancy. They help keep you and your baby healthy.
- Use birth control that works well if you are having sex and do not want a baby now.
- If you and your partner think you might be pregnant, get a pregnancy test. Do your best to not use alcohol until you know you are not pregnant.
- If you are pregnant, do your best to not use alcohol.
- Partners, family, and friends can support women to be healthy.

For help, talk to:

- A doctor, nurse, or health centre
- Saskatchewan HealthLine at 811
- Addictions Services where you live
- Someone who you trust

These people are here to support everyone's health: mothers, fathers, and babies.

