



is **NOT** a dinosaur

Teratogen

(tě-răt'-ō-gěň)

NOUN (biology)

- A substance that can harm an unborn baby
- Alcohol is a teratogen

saskatchewan
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our goal is **healthy** children

Did you know?

- Alcohol can harm an unborn baby's growing cells.
- Alcohol can hurt any part of an unborn baby's body, including the brain.
- Alcohol can harm a baby at any time during pregnancy.
- **It's never too late** to say, 'No thanks' to alcohol.
- To help protect an unborn baby, a mother can take prenatal vitamins, eat healthy food, and try to reduce stress.
- Alcohol use in pregnancy can cause a baby to have a lifelong condition called Fetal Alcohol Spectrum Disorder (FASD).
- Early supports can help a child with FASD.

If you want help to stop drinking, talk to:

- Your doctor or healthcare provider
- Addictions services in your area (Pregnant women are moved to front of line for help)
- Saskatchewan HealthLine 811 (Ask for an Addictions or Mental Health Counsellor)

Concept adapted with permission from
Foothills Fetal Alcohol Society.