

What have you heard about pregnancy and alcohol?

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

You want what's best for your baby.

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If you are pregnant or trying to get pregnant:

- It's healthiest for you and your baby if you don't use alcohol.
- Any amount might harm your unborn baby's developing brain and body.
- All types of alcohol can affect your baby. Alcohol includes beer, wine, coolers, and hard liquor.
- Alcohol can affect your baby at any time in pregnancy.
- Ask your partner, family, and friends to help you not drink. They could even stop drinking too!
- Talk to your healthcare provider.

Sometimes people use alcohol before they know they are pregnant. It's never too late to stop drinking! Every day without alcohol gives your baby a better chance to be healthy.

Learn more at www.skprevention.ca.