

Are YOU and your baby safe?

Does your partner...

- yell at you?
- call you names?
- blame you for being pregnant?
- break your things?
- hurt or kill your pets?
- threaten to hurt you?
- always need to be in charge?
- keep you from seeing your friends or family?
- keep you from seeing your doctor or midwife?
- control what or how much you eat?
- control the money?
- threaten to take the kids away?

This is **EMOTIONAL** abuse.

It can lead to physical abuse.

All kinds of ABUSE can hurt you.

Abuse during pregnancy can cause you to:

- feel sad and alone
- feel anxious
- feel bad about yourself
- have pain and injuries
- turn to alcohol and drugs
- not eat or sleep well
- lose your baby

...and cause your baby to:

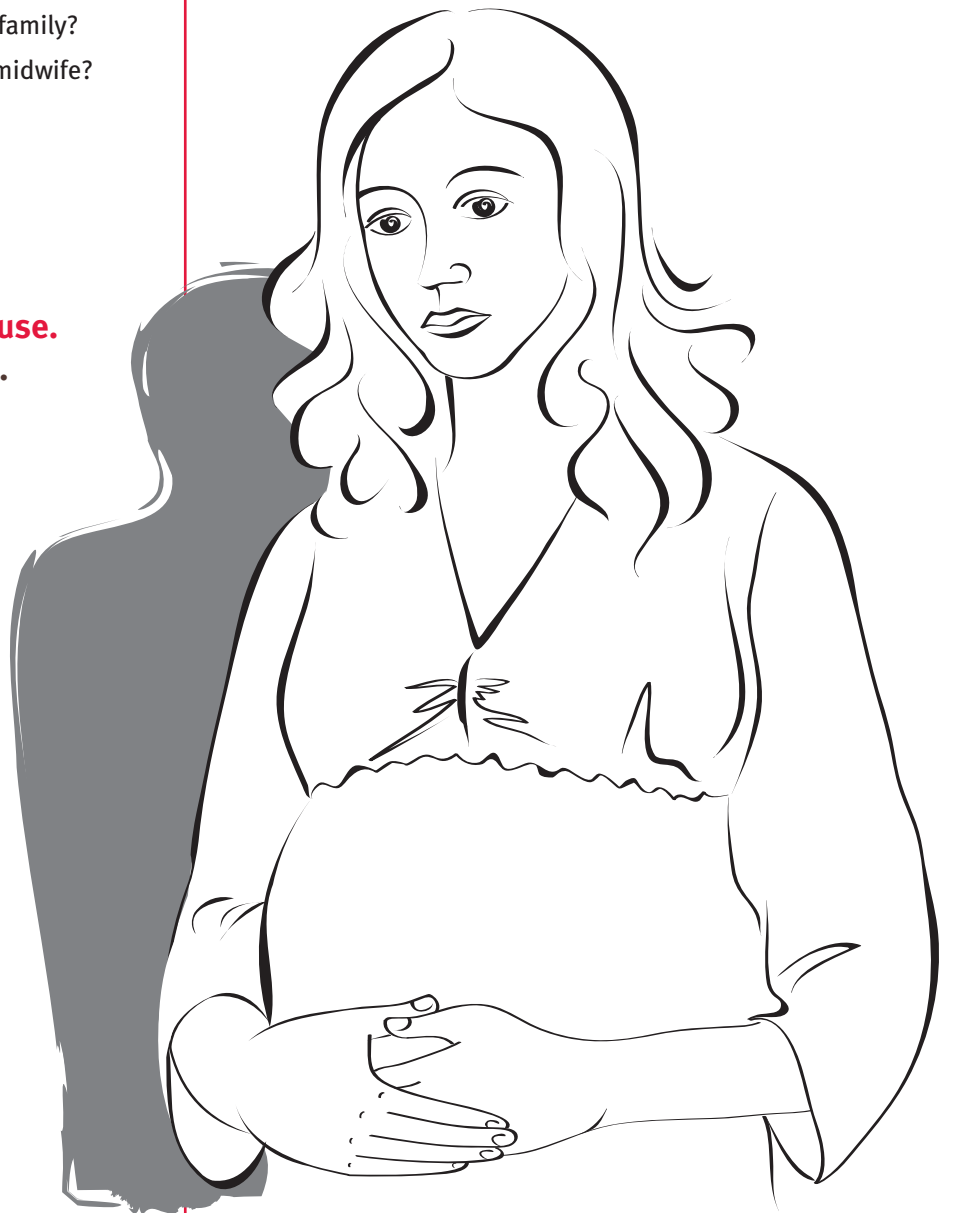
- be born too small
- be born too early
- be stillborn
- have injuries or infections
- have later health problems
- be abused after birth

Abuse can cause **RELATIONSHIP**

problems between you and baby.

PROTECT yourself and your baby.

You and your baby...



What you can do...

- tell someone you trust what is going on
- find people to help you
 - friends and family
 - your doctor or midwife
 - your prenatal educator
 - a public health nurse
 - a counsellor
 - a shelter for women
- if possible, have an emergency escape plan
- get help to leave the abusive relationship

For more information about woman abuse contact:

Springtide Resources 416-968-3422
www.springtideresources.org

Community Legal Education Ontario
416-408-4420 www.cleo.on.ca

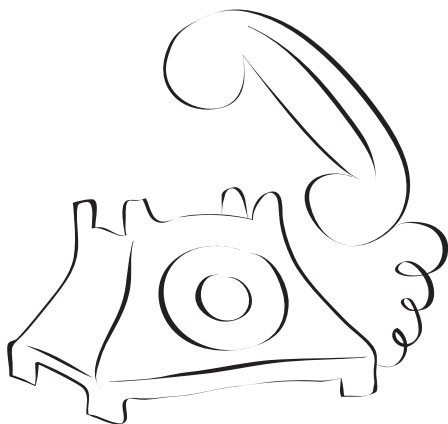
Assaulted Women's Helpline website
www.awhl.org

Does your partner...

- hit or kick you?
- hurt your breasts, belly or between the legs?
- force you to have sex?

If you said YES to any of the above questions, you and your baby may be in DANGER.

**Talk to someone
you TRUST.
There is support.
You are not alone.**



WHERE TO GET HELP

Police 911 (Where available): 24 hours a day, 7 days a week

Assaulted Women's Help Line 1-866-863-0511

Crisis line with help in 150 languages: 24 hours a day, 7 days a week

TTY# 1-866-863-7868

Check the front of your phone book for distress centres in your area.

ABUSE usually gets worse over time.

It will NOT STOP when your baby is born.



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