

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...



