



**best start
meilleur départ**

Ontario's maternal, newborn and early
child development resource centre
Centre de ressources sur la maternité,
les nouveau-nés et le développement
des jeunes enfants de l'Ontario

Be Safe: Have an alcohol-free pregnancy

Drinking alcohol during pregnancy
can cause birth defects and brain
damage to your baby. The safest
choice in pregnancy is *no* alcohol
at all. In fact, it is best to stop
drinking *before* you get pregnant.

**For more
information:**

1-877-FAS-INFO

www.alcoholfreepregnancy.ca



Ontario

Early Years