


**best start**  
*meilleur départ*

Ontario's maternal, newborn and early child development resource centre  
Centre de ressources sur la maternité, les naissances 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](http://www.alcoholfreepregnancy.ca)

**Ontario**  
Early Years

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Damage to brain causes difficulty learning, remembering, thinking things through and getting along with others

Vision problems

Hearing problems

Heart, kidney, liver and other organ damage

Bones, limbs and fingers that are not formed properly

Slow growth

## Be Safe: Have an alcohol-free pregnancy

**• Drinking alcohol during pregnancy can cause birth defects and brain damage to your baby.**

Wine = Beer = Spirits = Cooler

**Any kind of alcohol can harm your baby**

**• It is safest not to drink any alcohol during pregnancy.**

**• In fact it is best to stop drinking before you get pregnant.**

*If you drank alcohol before you knew you were pregnant*  
Call Motherisk 1-877-FAS-INFO (1-877-327-4636) for individual information about the possible risks to your baby.

*If you need help to stop drinking*

**Get help right away:**

- Call Motherisk, 1-877-FAS-INFO (1-877-327-4636)
- Talk to your health care provider
- Call your local health unit
- Call your local Friendship Centre
- Call the Ministry of Health and Long-Term Care INFOLine, 1-866-821-7770

*If you need more information visit:*  
[www.alcoholfreepregnancy.ca](http://www.alcoholfreepregnancy.ca)

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## Try a delicious non-alcoholic drink!

*Here are some recipes you can try at home:*

<p><b>Papaya Cooler</b> Blend 1/2 cup of papaya juice, 1/2 cup of strawberries and 1/2 of a banana with 1 cup of crushed ice.</p>	<p><b>Sparkling Orange Punch</b> Mix 1/2 cup of lemonade with 1/2 cup of orange juice and 1 cup of ginger ale.</p>
<p><b>Strawberry Cream Soda</b> Blend 1/2 cup strawberries, 1 cup of soda water and 1 large scoop of ice cream.</p>	<p><b>Caesar Straight</b> 1 1/2 cups tomato clam cocktail 1 shake celery salt 3 drops tabasco sauce 1/2 tsp lime juice</p>

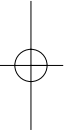
**Cranberry Bubbles**  
1 cup cranberry juice  
1/2 cup sparkling water

## How you can help

Stopping drinking is not always easy. Sometimes a pregnant woman needs encouragement and support. Here are some things you can do to help:

- Encourage her to consider a non-alcoholic drink
- Support her decision by choosing a non-alcoholic drink for yourself
- Congratulate her on her healthy choices
- Let her know that she is making a difference – both for her health and the health of her unborn baby
- Let her know that help is available if she needs it

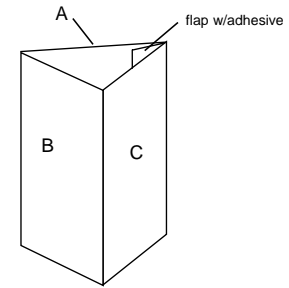
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A

B

C



sample mock-up

flap

