



**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