

*best start
meilleur départ*)

**Be Safe:
Have an
alcohol-free
pregnancy**

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

- *Drinking alcohol during pregnancy can cause birth defects and brain damage to your baby.*
- *It is safest not to drink any alcohol during pregnancy.*
- *In fact it is best to stop drinking before you get pregnant.*

Wine = Beer = Spirits = Cooler

Any kind of alcohol can harm your baby

Ontario
Early Years

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

Tear off sheet