

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

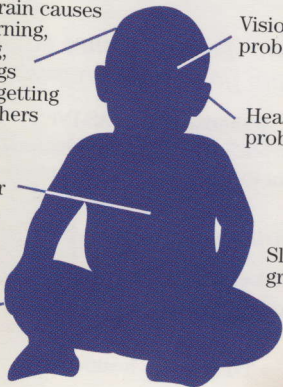
Vision problems

Hearing problems

Heart, kidney, liver and other organ damage

Slow growth

Bones, limbs and fingers that are not formed properly



*best start
meilleur départ*

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

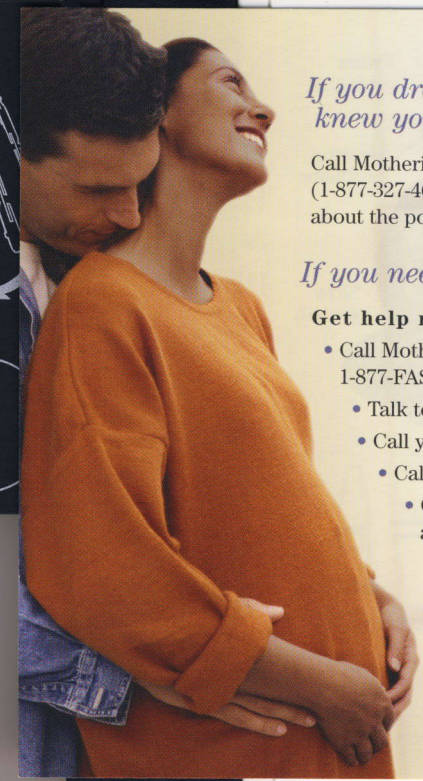
Any kind of alcohol can harm your baby

- *It is safest not to drink any alcohol during pregnancy.*
- *In fact it is best to stop drinking before you get pregnant.*



Ontario

Early Years

A photograph of a man and a pregnant woman. The man is on the left, wearing a blue denim shirt, looking down at the woman's belly. The woman is on the right, wearing an orange long-sleeved top, smiling and looking upwards. They are both looking towards the right side of the frame.

*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