

Say No To Alcohol During Your Pregnancy

If you drink during your pregnancy, your baby can be born with Fetal Alcohol Spectrum Disorder (FASD)

If you drink during your pregnancy, so does your baby

- Alcohol is passed to your baby through your blood stream
- Alcohol changes how your baby's brain and body grow
- There is no safe time to drink during pregnancy
- No amount or type of alcohol is safe

There is no cure for Fetal Alcohol Spectrum Disorder and the damage to your baby lasts a lifetime

- Drinking during pregnancy can cause brain, organ and body damage in your baby
- FASD will affect how your child will live, learn and play for the rest of his or her life

Fetal Alcohol Spectrum Disorder can be prevented

- Quit drinking alcohol during pregnancy and drink lots of fluids like water, milk or fruit juices (*you can get free milk coupons at a Healthy Baby program*)
- Eat well during your pregnancy. Your Healthy Baby Prenatal Benefit cheque will help buy the healthy food you need
- If you can't stop drinking, see your public health nurse or doctor for help
- If you have any questions about FASD or alcohol use during your pregnancy, call FAS Information Manitoba toll free at 1-888-877-0050

Want to learn more about nutrition, health and your developing baby?

Find out about a Healthy Baby program or Canada Prenatal Nutrition Program in your area. Call 945-1301 or toll-free at 1-888-848-0140 (945-1305 for the Telephone Device for the Deaf). If you live in a First Nation community, call 983-4199 and ask about federal programs.



Putting children and families first