


info for **both** girls and guys



healing choices

FOR YOU AND YOUR FAMILY

There are people who support me



FOR YOU AND YOUR FAMILY

Three of these people are:

- _____
- _____
- _____

Some other ways to have a healthy pregnancy:



- Lots of exercise
- Healthy foods
- Lots of sleep
- Regular prenatal care

Some ways a partner can help with a healthy pregnancy:



- Be patient, supportive and loving.
- Reduce stress.
- Eat healthy foods too.
- Share a healthy lifestyle.
- Use birth control if you are not ready to have a baby.

Some ways friends and family can help with a healthy pregnancy:



- Love and respect her.
- Support her decision to make healthy choices.
- Encourage her to maintain a healthy lifestyle.
- Put her needs first.
- Try not to drink alcohol around her.

Healthy choices for you

for support call:

Addictions Foundation of Manitoba: (204) 944-6200

Health Links: (204) 788-8200 (Toll-free 1-888-315-9257)

Klinik Crisis Line: (204) 786-8686 (Toll-free 1-888-322-3019)



FOR YOU AND YOUR FAMILY




- If you are pregnant, spend more time with people who support your healthy choices.
- Think about who is supportive in your life, and who will be there to help you if you need it.

For support or more information, contact:



- A counsellor or elder
- A doctor or nurse
- Health Links

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Pregnancy is a very important time



- You need to know how to have a healthy pregnancy, even if you aren't pregnant, or even thinking about getting pregnant.
- Drinking alcohol during pregnancy can affect your health and cause Fetal Alcohol Spectrum Disorder (FASD) in your baby.

Babies born with FASD:



- Are sick and cry a lot
- Are small and not very strong
- Have a hard time learning
- Can't understand as quickly or concentrate for very long
- May look different

Facts about FASD:



- It doesn't go away.
- It is preventable.
- It can be caused by even small amounts of alcohol, so it is best not to drink at all.
- It can be caused by any alcoholic drink.
- It can be caused any time during pregnancy, even at the beginning when a woman doesn't know she's pregnant.

Hard to believe that alcohol can harm the baby?



- Maybe you (or someone else you know) used alcohol during another pregnancy and had a child who seemed healthy.
- Babies whose mothers drank alcohol during pregnancy may seem healthy at first. The effects may show up later on.
- Alcohol affects some babies differently from others. Every pregnancy is different, so it is best not to drink alcohol at all during pregnancy.

What is risky drinking?



- When it takes more than two drinks to make you feel high
- When friends and family are concerned that you are drinking too much
- When you feel the need to cut down on the amount of alcohol you drink
- When you have a drink first thing in the morning to steady your nerves or get rid of a hangover

Reducing harm



- Some women find it very difficult to quit drinking, and may need counselling or other help to cut down or quit.
- The less alcohol you drink during pregnancy, the less you will harm your baby.
- It's never too late! Cutting down or quitting at any time will make the baby healthier.

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