

ALCOHOL & PREGNANCY DON'T MIX.

HEALTHY MOTHERS & BABIES NEED EVERYONE'S SUPPORT.



HOW DOES ALCOHOL HURT BABIES?

If women drink alcohol when pregnant, their babies could be born with birth defects and brain damage. Fetal Alcohol Spectrum Disorder (FASD) is the term used to describe the range of harms that can result from alcohol use during pregnancy.

The effect of drinking alcohol during pregnancy on the developing brain can mean that children will have lifelong learning difficulties and problems with memory, reasoning and judgment.

WHAT DRINKS ARE HARMFUL?

All drinks containing alcohol can be harmful to developing babies. Alcohol is in beer, wine, spirits, coolers and ciders.

ARE THERE ANY SAFE TIMES FOR PREGNANT WOMEN TO DRINK ALCOHOL?

Drinking alcohol can be harmful at any point during pregnancy. The baby's brain and nervous system develops throughout the entire pregnancy.

IS THERE A SAFE AMOUNT TO DRINK WHEN PREGNANT?

There is no known safe level of alcohol use during pregnancy, so it is safest not to drink at all when women are pregnant or planning to become pregnant.

Drinking more than two drinks per day and drinking regularly are most harmful to the developing baby. Every step women take to stop drinking and be healthy during pregnancy is helpful.

WHAT IF I WAS DRINKING BEFORE I KNEW I WAS PREGNANT?

Having a small amount of alcohol before you knew you were pregnant is not likely to harm your baby. Quitting now and looking after your own health are the best ways to ensure that your baby is healthy.

It is never too late to quit or cut down on your drinking. As well as avoiding alcohol, pregnant women benefit from:

- Lots of rest
- Regular medical care (doctor, nurse or midwife)
- Healthy food
- Supportive friends and family members
- Healthy recreation and physical activities
- It is best to avoid cigarettes and other drugs during pregnancy as well as alcohol

TIPS FOR PARTNERS AND FRIENDS OF PREGNANT WOMEN

Women need support to avoid alcohol and have healthy pregnancies:

- Have a non-alcohol drink option at parties or gatherings
- Bring non-alcohol drinks for outings
- Hang out with people who don't drink
- Encourage women who are pregnant not to drink
- Respect the decision made by pregnant women not to drink
- Participate in recreation and physical activities with your pregnant friend or partner

WHERE CAN I GET MORE INFO AND HELP?

If you need help to cut down or stop drinking, be sure to talk to someone. Friends, family, or a doctor, midwife, nurse or counsellor can help.

24-hour BC Alcohol & Drug Information & Referral Service

Lower Mainland/Greater Vancouver:
(604) 660-9382
Toll-free in BC 1-800-663-1441

HealthLink BC

Non-emergency health information and services 24/7: Dial 8-1-1
For deaf and hearing impaired assistance (TTY): Call 7-1-1
Translation services are available in over 130 languages on request
<http://www.healthlinkbc.ca>

Motherisk Helpline

Offers information on the use of alcohol and other drugs during pregnancy and while breastfeeding:
Toll-free: 1-877-327-4636
<http://www.Motherisk.org>

QuitNow Services

You can get help to quit smoking any time of the day or night – free of charge:
Toll-free: 1-877-455-2233
www.Quitnow.ca

For more information:

www.healthlinkbc.ca/healthfiles/hfile38e.stm
www.healthlinkbc.ca/healthfiles/hfile38d.stm
www.bcapop.ca/
www.hcip-bc.org

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