

Pregnant or a New Parent?



Alcohol and Pregnancy

How does alcohol affect your baby?

- When you drink alcohol, it is passed to your baby through your blood stream.
- Alcohol can be harmful to the way your baby's brain and body grows.
- Alcohol can change the way your baby learns, acts and plays.
- The effects can last a lifetime.

Is there a safe amount I can drink?

- No amount of alcohol is safe.
- There is no safe time to drink during pregnancy.
- Wine, beer, coolers, hard liquor and home-made alcohol can all cause harm.
- Stopping or cutting back on drinking alcohol during pregnancy will make your baby healthier.

What if I need help?

- You may find it hard to cut back or stop drinking alcohol during pregnancy.
- If you have questions or need support during your pregnancy, call your health care provider or public health nurse.

What can I do to stay healthy?

- Drink lots of fluids like water and milk. You can get free milk coupons at a Healthy Baby program in your area.
- Eat food that is healthy for you. Your Prenatal Benefit cheque will help buy the healthy foods you need.



Learn more about the prenatal benefit, nutrition, and health and your developing baby.

Connect with a Healthy Baby program in your community.

Telephone: **204-945-1301** (in Winnipeg)

Toll free: **1-888-848-0140** (outside Winnipeg)

If you live in a First Nations community and want to learn more about your local Canada Prenatal Nutrition Program, contact your health centre or nursing station and ask for the CPNP worker.