

Every little bit you can cut down on alcohol can improve your baby's health

Any amount of alcohol during pregnancy and breastfeeding or chestfeeding can affect your baby

*help
with
drinking.ca*



We know cutting down or stopping drinking can be hard

Here are some tips that can help:

- 1** Reach out to people that will support and encourage you on your journey
- 2** Ask partners and friends not to drink around you
- 3** Choose alcohol-free drinks that you enjoy
- 4** Do activities that don't involve alcohol
- 5** Plan hobbies or other fun activities for when you'd usually drink alcohol
- 6** Try other ways to relax and connect, such as a walk or meeting friends in the park
- 7** Reach out to your doctor, midwife, counsellor, 8-1-1, or a phone hotline



Have you considered cutting down on how much alcohol you drink?

Drinking alcohol while pregnant can:

- Harm your baby's body, brain, and organs
- Impact your child's ability to learn and focus
- Contribute to behaviour and mental health challenges throughout your child's life

