

Don't go it alone!

You may want to tell your friends about your pregnancy so they can respect and support your decision to avoid alcohol during this period. **Your partner** and **social circle** can make a difference with a few simple actions like:

- Providing non-alcoholic beverages at social events
- Joining you in your sobriety
- Learning about the dangers of drinking alcohol during pregnancy and sharing what they learned with their friends and family



Resources, support, and other information

Finding it hard to quit drinking?
Talk to a health professional.
They can direct you to the
appropriate resources.

For more information
on pregnancy and alcohol, contact:

Motherisk
1 877-327-4636 (English and French)

SOS Grossesse
sosgrossesse.ca (in French only)
1 877-662-9666
418 682-6222 (Quebec city Area)

Info-Santé 8-1-1 hotline
Call 8-1-1 for a prompt, free, and confidential
telephone consultation with a nurse.

*You can also seek assistance from your integrated health
and social services centre (CISSS) or integrated university
health and social services centre (CIUSSS).*

PDF version available on Montreal diet dispensary website: dispensaire.ca

Pregnant? No alcohol is the safest choice
Develop in collaboration with Montreal Diet Dispensary
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Pregnancy and alcohol don't mix!

Pregnancy is the perfect time to take care of your own health and that of your soon-to-be-born child. Any woman who is planning to become pregnant should take a closer look at her alcohol consumption. Alcohol can cause irreversible physical and mental health problems. Some child will have:

- Learning disorders
- Attention deficit
- Delayed language development, or
- Reasoning and memory problems

These health problems are known as **Fetal Alcohol Spectrum Disorder (FASD)**.



A little or a lot, frequently or rarely: Don't risk it!

The fetus's brain develops throughout the pregnancy. There is no barrier, not even the placenta, that protects it against exposure to alcohol. **This means, regardless of the trimester, there is no safe time to drink alcohol during your pregnancy.**

And there is no safe amount either. No one knows the effects on the fetus of a small amount of alcohol, even on an occasional basis.

No alcohol is the safest option.
The effects of alcohol on the fetus are the same whether you drink beer, wine, or hard liquor.



Fetal development chart 3 to 38 weeks

