

# 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.

Website: [manitoba.ca/healthybaby](http://manitoba.ca/healthybaby)

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.



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