

During pregnancy, look for your baby's health and yours

No alcohol or drug use is safe for your baby

Quit drinking and using drugs from the moment you're planning to get pregnant or as soon as possible!

Drinking and using drugs put you at risk for:

- having a spontaneous **abortion**
- having a **low-birth-weight** baby
- having a baby earlier than planned (**preterm baby**) or with a withdrawal syndrome
- having a baby with **physical, mental or behavioural problems**
- having a baby with **learning problems** with consequences throughout life

Ask your loved ones not to encourage you to use alcohol and drugs, even in small doses.

If, despite trying, you can't stop drinking, ask for help the health professionals involved in your pregnancy as soon as possible.