

DID YOU KNOW?

Alcohol is one of the most harmful substances you can use while pregnant.

There is no safe amount or safe time to drink alcohol during pregnancy. If you drink alcohol while you are pregnant, you are at risk of giving birth to a baby with Fetal Alcohol Spectrum Disorder.

Anything a mother consumes while pregnant is shared with the baby via the placenta.

During the course of pregnancy, alcohol and drugs can affect the development of the baby's brain, major internal organs or overall growth.

Fetal Alcohol Spectrum Disorder is a term used to describe a range of effects that can occur in an individual whose mother drank alcohol during pregnancy. Some of the effects include:

- * Mental
- * Physical
- * Behavioural
- * Learning Disabilities

These effects will have life long implications.



PREGNANT OR PLANNING A PREGNANCY?



FASD North Committee

FASD North Committee Members

Children's Aid Society
Community Counselling Centre
Metis Nation of Ontario
Nipissing First Nation
North Bay Indian Friendship Centre
North Bay Parry Sound District Health Unit
ONE Kids Place – Children's Treatment Center
Union of Ontario Indians
Timiskaming Health Unit



RECIPE FOR A HEALTHY PREGNANCY

DO

- Obtain early prenatal care
- Eat healthy foods
- Avoid caffeine when possible
- Stay physically active
- Make informed decisions and choices
- Be involved in community activities, cultural activities, spiritual activities, etc
- Seek help if you are a victim of abuse



DON'T

- Drink any amount of alcohol at anytime during your pregnancy
- Smoke or be around second hand smoke
- Use illegal or unprescribed drugs
- Use medications without speaking with your physician or health care provider
- Use industrial strength cleaning products
- Use oil-based paints. Instead, use water-based or latex paint and ensure that the area is well-ventilated
- Handle cat litter without gloves

If you have any questions regarding alcohol or drug use during pregnancy or lactation call toll free:

1-877-FAS-INFO

FASD:

Stands for Fetal Alcohol Spectrum Disorder. FASD is a name given to a pattern of physical and mental challenges in an individual that are the result of the mother drinking during pregnancy.

Share the Message:

- If you know someone who is pregnant encourage her not to drink and tell her why
- If you are pregnant don't drink alcohol
- If you are trying to become pregnant don't drink alcohol
- If you think you might be pregnant don't drink alcohol
- If you have trouble controlling your drinking, talk to your doctor or other health care provider. He or she can help you stop drinking alcohol and give your baby a better start in life.

COMMUNITY SUPPORT

Children's Aid Society
(705) 472-0910

Community Counselling Centre
(705) 472-6515

Community Living North Bay
(705) 476-3288

HANDS - The Family Help Network.ca
(705) 476-2293

North Bay Indian Friendship Centre
(705) 472-2811

Métis Nation of Ontario
(705) 476-2339

Motherisk
1-877-FAS-INFO

Nipissing First Nation
(705) 753-2050

Nipissing Detoxification & Substance Abuse Program
(705) 476-6240

North Bay Parry Sound District Health Unit
(705) 474-1400

Ontario Early Years Centre
(705) 474-8910

ONE Kids Place - Children's Treatment Centre
(705) 476-5437

Timiskaming Health Unit
(705)-567-9355

Union of Ontario Indians
(705) 497-9127