

Alcohol, Cannabis and Pregnancy

What we know about alcohol and cannabis use during pregnancy



No safe amount



No safe time



No safe form

It's safest not to consume alcohol or cannabis while trying to conceive, pregnant, or nursing.

The 4 things to remember

- 1** Alcohol and cannabis pose risks to your health and baby's development at all stages of pregnancy.
- 2** It's never too late — anytime is a good time to reduce or stop consuming alcohol or cannabis.
- 3** You're not alone — have a support circle you can lean on throughout pregnancy.
- 4** Help is available to stop or reduce use, or find safe alternatives for medicinal use.

Potential effects of prenatal alcohol exposure



Low birth weight



Brain doesn't develop normally



Lifelong learning, behaviour and mental health challenges



Physical disabilities

Help is available if you're facing challenges with reducing or stopping alcohol or cannabis use. Talk to a trusted health care provider about supports available to you.

For more information, resources and support, patients and health care providers can visit:

KnowMyLimits.ca