Here’s what women are doing about drinking & pregnancy

- Most women stop or reduce their consumption if they believe they are pregnant, or when planning to be pregnant.
- Women who continue to drink alcohol in pregnancy may come from disadvantaged and ethnic groups. Often well-educated, older, white women do not drink, or they are at risk.
- Women who continue to drink in pregnancy may have experienced violence, and their support may be inadequate, and they may be more likely to experience substance use problems.

Small steps matter.

Don’t worry you’ll be pushed too far or feel uncomfortable at first.

It can be a fight every day to not drink or use.

Every time you make a healthy choice, it becomes easier to do it again. It is totally up to you to seek support even if it may feel uncomfortable at first.

Here’s what’s your cap?

- Your limits.
- In drinking no more than 3 drinks (for women).
- Reduce your risk of injury and harm by drinking no more than:

  - Special occasions
  - Develop a habit.
  - Plan non-drinking days every week to avoid drinking no more than:
  - Reduce your long-term health risks by drinking no more than:

Web resources

- www.mountcarmel.ca/ways-to-give/the-mothering-project/
- Promoting alcohol use adds to the problem for women trying to quit drinking deserve compassion and their changes.
- Drinking guidelines and other info that helps them make a change. They may also have more serious substance use problems.
- This brochure lists drinking tips women are doing.
- Here’s what we mean:

  - Drinking tips
    - Alcohol use in pregnancy in a collaborative and non-judgemental way
    - Small steps matter.
  - You are not alone. Ask for help here in learning more about
  - It can be a fight every day to not drink or use.
  - Every time you make a healthy choice, it becomes easier to do it again. It is totally up to you to seek support even if it may feel uncomfortable at first.
    - Alcohol use with their health care provider:2.
    - Discussing both reducing drinking and using birth control, as they are ready pregnancy and they are ready alcohol-wise.
    - Getting information on drink size, low-risk drinking guidelines and other info that helps
    - Discussing goals for reducing/stopping alcohol use in pregnancy in a collaborative and non-judgemental way.
    - Promoting alcohol use adds to the problem for women trying to quit drinking deserve compassion and their changes.
    - Discussing both reducing drinking and using birth control, as they are ready pregnancy and they are ready alcohol-wise.
    - Getting information on drink size, low-risk drinking guidelines and other info that helps
    - Discussing goals for reducing/stopping alcohol use in pregnancy in a collaborative and non-judgemental way.