

WHAT IF IT'S HARD TO QUIT OR CUT DOWN?

- Talk to your doctor
- Talk to your Public Health Nurse:
- Golden: Ph. 250-344-7555
- Invermere: Ph. 250-342-2362/2365
- Kimberley: Ph. 250-427-2215
- Creston: Ph. 250-428-3620
- Cranbrook: Ph. 250-420-2207
- Fernie: Ph. 250-423-8288
- Sparwood: Ph. 250-425-2064
- Elkford: Ph. 1-800-661-0329
- KKTC, Kathy Clarke: Ph. 250-489-4563

- **Call East Kootenay Addiction Services:**
- Cranbrook: Ph. 250-489-4344
- Columbia Valley: Ph. 250-342-3868
- Elk Valley: Ph. 250-423-4423 or 1-800-644-6144
- **Call Better Babies:**
- Fernie: Ph. 250-423-4687
- Cranbrook: Ph. 250-489-5011
- **Call Options for Sexual Health (OPT):** Ph. 250-420-2313
- **Call OPT's Facts of Life Line:** 1-800-739-7367

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A Healthy Baby Recipe

Add:

- At least 10 pre-natal visits
- 3-6 meals a day
- a daily walk or exercise
- 2 lbs of love every day

Don't Add:

- Alcohol
- Drugs
- Smoking
- Stress

Source: Healthy Baby Recipe Magnet, National Addictions Awareness Week

CHIP

Community Healing and
Intervention Program

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Alcohol
Tobacco
Marijuana
Cocaine
&
Pregnancy

What you need to
know.

The following substances can affect your baby for a lifetime ...

If you drink **alcohol** when you are pregnant:

Your baby may be born small and weak.

Your baby may be born addicted to alcohol and go into withdrawal.

Your child may be sick a lot.

Your child may have problems concentrating and understanding.

Your child may have a hard time learning.

Your child may have behaviour problems.

If you smoke **tobacco** when you are pregnant:

Your baby is more likely to be "stillborn".

Your baby is more likely to suffer Sudden Infant Death Syndrome (SIDS).

Your baby may not get enough oxygen in the womb.

Your baby may be born too soon.

Your baby may be born small and weak.

Your child may have behaviour problems.

If you smoke **marijuana** when you are pregnant:

Your baby may not get enough oxygen in the womb.

Your baby may be born too soon.

Your baby may be born small and weak.

Your child may have problems with higher level thinking skills.



If you use **cocaine** when you are pregnant:

Your baby may be born too soon.

Your baby may be born small and weak.

Your baby may be born addicted to cocaine and go into withdrawal.

Your child may have problems sleeping.

Your child may have attention and behaviour problems.