

# Top 5 reasons not to drink alcohol during pregnancy

- 1 Alcohol may harm your baby's brain.
- 2 Alcohol can affect every baby.
- 3 Alcohol can make learning and behaving at school harder.
- 4 Alcohol can harm your child's mental health when they are older.
- 5 Alcohol can impact your child's grades at school.



To learn more, please visit [pregnancyinfo.ca/alcohol](https://pregnancyinfo.ca/alcohol):

