

BOOKLET 4

THINGS THAT CAN MAKE YOU AND YOUR BABY SICK!

Some things, like smoking and drinking alcohol, will harm your baby. For some women, giving up these things may be the hardest part of pregnancy! Your midwife or doctor can help with this. Most pregnancies run smoothly. But some women do get sick. Booklet 4 talks about some things that can make pregnant women sick.



BOOKLET 4

THINGS THAT CAN MAKE YOU AND YOUR BABY SICK!

Cigarette smoke will harm your baby

**Your doctor can help you
stop smoking**

**Drinking alcohol at any time while you are
pregnant might harm your baby**

**Talk to your doctor if you take any
drugs or medicines**

Smoking

Cigarette smoke will harm your baby.

This includes when you smoke or when people around you smoke. If you smoke when you are pregnant

- your baby won't grow as well in your womb
- you are more likely to lose your baby or to have your baby born early (premature birth)
- your baby won't be as healthy

It's hard to stop smoking – ask your doctor for help.

Check with your doctor first if you want to try nicotine patches or gum.



Smokers helpline is a service that gives information, support and advice to people who want to stop smoking.

Phone 1 877 513-5333

THINGS YOU CAN DO

- **Stop smoking** as soon as you know you are pregnant
- Ask your doctor for help
- Check with your doctor first if you want to **try nicotine patches or gum**
- Tell people you are pregnant and **ask them not to smoke near you, in your home or car**
- Instead of a smoke, **phone a friend, go for a walk, or go to the movies**

Alcohol

Drinking alcohol at any time while you are pregnant might harm your baby.

This means all alcohol – **wine, beer, spirits, cider, champagne, liqueurs, 'breezers'** etc.



When you drink alcohol it enters your baby's blood stream and can hurt your baby. The more you drink, the more dangerous it is to your baby.

Drugs and Medicines

Taking drugs while you are pregnant might harm your baby.

Talk to your doctor **before taking any medicine** (prescription or over the counter) or herbal remedies.

If you take medicine for asthma or epilepsy or any other health problem, you might need to take it to stay well. Talk to your doctor about this as soon as possible.



THINGS YOU CAN DO

- Talk to your doctor about any drugs or medicines you're taking

Pre-eclampsia (or Toxemia)

Pre-eclampsia is an illness that can happen in the second half of your pregnancy. It can make both you and your baby sick. If you get pre-eclampsia, your doctor will take special care of you.

The main signs of pre-eclampsia are:

- high blood pressure
- protein in your pee
- a headache that won't go away
- upset tummy that won't go away

If you get pre-eclampsia

- Listen carefully to your doctor and do what they advise

Gestational Diabetes

Our body uses the sugar from food to provide energy. Sometimes in pregnancy there is too much sugar in your blood. **That is called diabetes.** It can make your baby grow very big.

The main signs of gestational diabetes are:

- you feel very thirsty – more than usual
- you feel very tired – more than usual
- you need to pee – more than usual
- you have sugar in your pee – your midwife or doctor will tell you this

If you get gestational diabetes when you are pregnant

- Listen carefully to your doctor and do what they advise
- You may need to see a Diabetes Educator and a specialist

Is there any extra information you need to know about your pregnancy?





Tick any questions that you would like to ask your doctor



How much beer or wine (or other alcohol) can I drink?



Can I get help to stop smoking?

THINGS THAT CAN MAKE YOU AND YOUR BABY SICK!

FIND A WORD FUN

S	I	A	B	D	C	M	L	U	E	Z	C	G	T	P
M	E	A	L	C	O	H	O	L	L	F	L	X	S	W
O	L	W	D	R	T	N	U	U	S	A	L	A	S	P
K	N	S	F	E	A	L	G	B	C	N	X	D	T	R
E	S	F	M	L	D	I	A	B	E	T	E	S	U	E
A	J	M	I	N	R	S	J	W	J	G	C	H	E	S
U	R	E	D	S	U	G	W	D	R	T	N	U	R	C
N	L	D	W	J	G	H	E	E	S	E	V	I	G	R
S	L	I	I	R	S	S	I	V	L	Y	O	U	C	I
O	S	C	F	L	O	N	G	Y	P	A	R	W	X	P
N	Z	I	T	S	D	C	B	F	Z	Q	I	P	A	T
A	K	N	W	J	G	C	H	E	M	B	V	C	Y	I
P	R	E	-	E	C	L	A	M	P	S	I	A	E	O
B	D	C	M	L	U	W	D	R	T	N	U	U	L	N
V	S	R	T	M	A	L	P	O	S	Y	G	I	V	E

Your midwife or doctor is there to help you. It is important to talk to them honestly about things that can affect you and you baby.

Try to find these **8 words** hidden in the puzzle above.

smoke	pre-eclampsia
prescription	you
drugs	diabetes
medicine	alcohol

ACKNOWLEDGEMENTS



Healthy Start for Me and My Baby is one element of Healthy Start: A national capacity building strategy which aims to improve health and wellbeing outcomes for children whose parents have learning difficulties www.healthystart.net.au.

Healthy Start is an initiative of the Australian Supported Parenting Consortium (ASPC). The ASPC is a collaboration between the Parenting Research Centre and the Australian Family and Disability Studies Research Collaboration (Faculty of Health Sciences, University of Sydney). Healthy Start is funded by the Australian Government under the Family Support Program (previously Stronger Families and Communities Strategy).



www.sydney.edu.au/health-sciences/afdsrc



www.parentingrc.org.au

Edited for use in Canada by the Family and Disability Studies Initiative
www.fdsa.ualberta.ca