Best Start Resource Centre – Prenatal Education Program

Environmental Exposures



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Creating Healthy Environments





Tobacco





Tobacco



Benefits of quitting:

- Healthier birth weight.
- Better chance of full term pregnancy.
- Reduced risk of cancers and heart disease.
- Lower risk of SIDS, respiratory problems, allergies, middle ear infections.
- Increased energy and fewer health problems for mother.
- A good breast milk supply.
- Saves \$.



Second-hand Smoke

Is linked to:

- Early birth
- Miscarriage



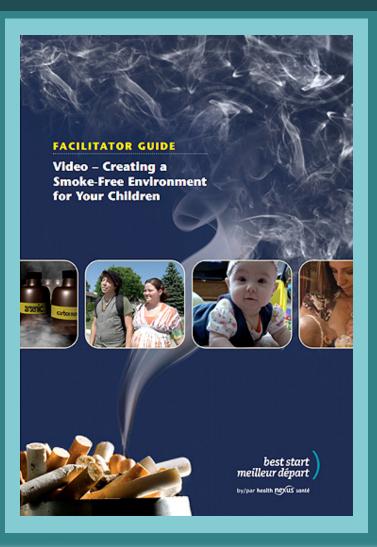


If I Smoke, Should I still Breastfeed?









Creating a Smoke-Free Environment for Your Children



Cannabis

Risks of Cannabis on Fertility, Pregnancy, Breastfeeding and Parenting



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- Legal does not make it safe.
- Consists of more than 700 chemical compounds including THC and CBD.
- May have negative effects on pregnancy, fetus and breastfeeding.
- Caution is advised.



Alcohol

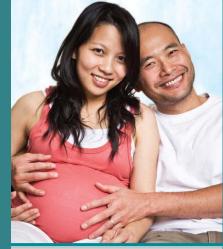




Mocktails for Mom



Mocktails *for* Mom Be Safe: Have an alcohol-free pregnancy



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Alcohol and Breastfeeding

Mixing Alcohol and Breastfeeding

Resource for mothers and partners about drinking alcohol while breastfeeding



With thesis to the LOBO for its suggest in developing and producing this researce. Revised 2010

The Importance of Breastfeeding

Leglish

Breastmilk is the natural food for newborns. It contains all the nutrition your baby needs. The Public Health Agency of Canada, the Distiltans of Canada, the Canadian Paediature Society and the College of Pamily Physicians of Canada agree.

- M Babies need only breastmilk for the first 6 months.
- At 6 months, babies begin to eat solid foods and continue to breastfeed for up to 2 years and beyond.

Is it OK to have a few drinks at a special event?

The safest choice is not to drink alcohol if you are planning to become pregnant, are pregnant, or are breastfeeding. Choose an alcohol free drink instead.

What does alcohol do to the milk supply?

- Alcohol decreases the leidown reflex and this could mean the baby gets less breastmilk during feedings.
- Drinking alcohol does not increase milk production. In fact, heavy drinking may decrease the milk supply.

What effect can breastmilk containing alcohol have on a baby?

- Babies may not like breastmilk containing alcohol. The baby could drink less milk.
- The younger the baby, the more immature his/her system, and the greater the difficulty in clearing the alcohol from his/her body. Limit alcohol infake, particularly when breastleeding newborns (first 3 months).
- Mothers who drink heavily while breastfeeding put their baby at risk for poor weight gain, poor growth, and possible developmental delays.

Molliers and likely partners can receive conflicting advice from family, friends and health care providers reparting alcohol ase and broasifeeting. Male an informat choice when it comes to drinking alcohol while broasifeeting. Broasifeeting is bed for your budy, and this good for your health, ico.



Medications and Drugs



- Is this medication safe to take in pregnancy?
- What are the benefits?
- What are the risks?
- Are there any alternatives?



Hidden Exposures



























Exposure to Harmful Substances

- Plastics
- Paints and thinners
- Lead
- Cleaning products
- Pesticides









Tips to Minimize Risks in the Home

- Air out new plastics
- Dust and mop
- Remove shoes
- Use lead-free products
- Ventilate your home





Personal Care Products

Some products to watch for:

- Tanning products
- Nail polish and nail polish remover
- Hairspray and hair dye
- Skin products
- Cosmetics
- Insect repellents
- Natural health products or herbal substances





Mercury

- Choose fish that are low in mercury.
- Choose 'light' tuna.
- Avoid mercury fillings.
- Do not have mercury fillings removed during pregnancy.



Air Quality

- Reduce strenuous activity when air quality is bad.
- Keep the home free of dust.
- Ventilate rooms.
- Ensure that fuelburning appliances are well maintained.
- Reduce the use of aerosol sprays.





Exposures at Work

- Exposure to harmful substances can be higher at work than at home.
- Exposure can happen in many workplace settings.
- Couples can be careful not to bring contaminants home.





Video on Environmental Exposures





What Can You Do?





For More Information

- Canadian Partnership for Children's Health and Environment (CPCHE) <u>www.healthyenvironmentforkids.ca</u>
- Expecting to Quit <u>www.expectingtoquit.ca</u>
- Health Care Provider
- o Local Public Health Unit
- O Motherisk <u>www.motherisk.org</u>
- Occupational Health and Safety Officer
- O Pregnets <u>www.pregnets.org</u>
- Smoker's Helpline <u>www.smokershelpline.ca</u>
- Workers Health and Safety Centre <u>www.whsc.on.ca</u>



The information represents the best practice guidelines at the time of publication. The content is not officially endorsed by the Government of Ontario. Consult your health care provider for information specific to your pregnancy.



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