



*Quick, what have you had to drink in the last 30 days?*

The first 17-54 days are the most critical to a baby's development. Alcohol, drugs, tobacco – they all affect your baby's health. And even though you may not be planning on having kids now, you never know. After all, 50% of pregnancies are unplanned. Be prepared for surprises. Take folic acid, eat right and exercise. For more information call Health Line Peel at 905-799-7700 or visit [peelregion.ca](http://peelregion.ca)

 **Region of Peel**  
*Working for you*  
Public Health