

Are YOU and your baby safe?

Does your partner...

- yell at you?
- call you names?
- blame you for being pregnant?
- break your things?
- hurt or kill your pets?
- threaten to hurt you?
- always need to be in charge?
- keep you from seeing your friends or family?
- keep you from seeing your doctor or midwife?
- control what or how much you eat?
- control the money?
- threaten to take the kids away?

This is **EMOTIONAL** abuse.

It can lead to physical abuse.

All kinds of ABUSE can hurt you.

Abuse during pregnancy can cause you to:

- feel sad and alone
- feel anxious
- feel bad about yourself
- have pain and injuries
- turn to alcohol and drugs
- not eat or sleep well
- lose your baby

...and cause your baby to:

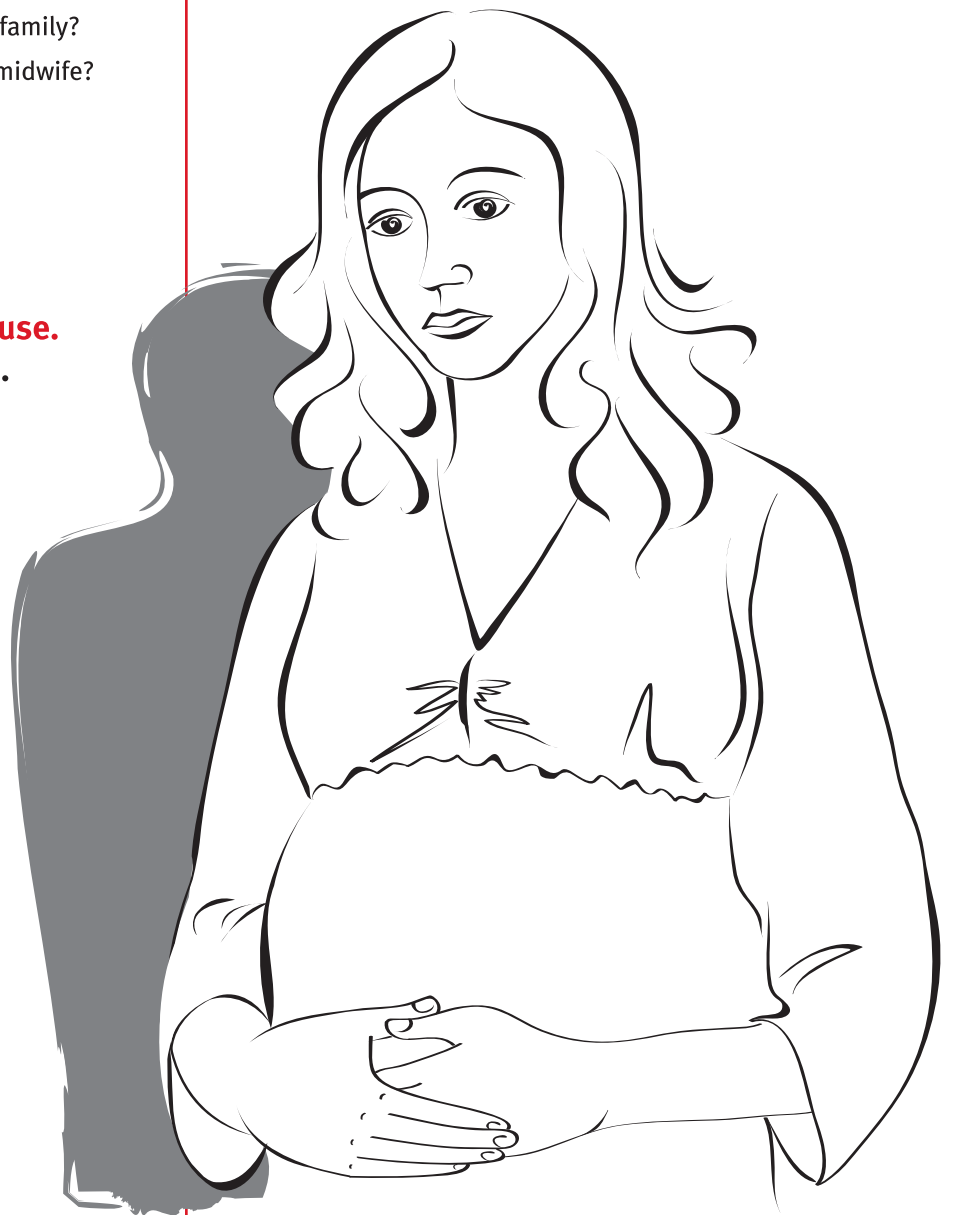
- be born too small
- be born too early
- be stillborn
- have injuries or infections
- have later health problems
- be abused after birth

Abuse can cause **RELATIONSHIP**

problems between you and baby.

PROTECT yourself and your baby.

You and your baby...



What you can do...

- tell someone you trust what is going on
- find people to help you
 - friends and family
 - your doctor or midwife
 - your prenatal educator
 - a public health nurse
 - a counsellor
 - a shelter for women
- if possible, have an emergency escape plan
- get help to leave the abusive relationship

For more information about woman abuse contact:

Springtide Resources 416-968-3422
www.springtideresources.org

Community Legal Education Ontario
416-408-4420 www.cleo.on.ca

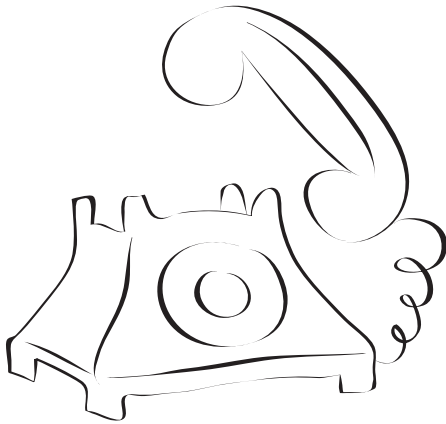
Assaulted Women's Helpline website
www.awhl.org

Does your partner...

- hit or kick you?
- hurt your breasts, belly or between the legs?
- force you to have sex?

**If you said YES to any of the above questions,
you and your baby may be in DANGER.**

**Talk to someone
you TRUST.
There is support.
You are not alone.**



WHERE TO GET HELP

Police 911 (Where available): 24 hours a day, 7 days a week

Assaulted Women's Help Line 1-866-863-0511

Crisis line with help in 150 languages: 24 hours a day, 7 days a week
TTY# 1-866-863-7868

www.shelternet.ca

Shelternet connects women to nearby shelters.

Check the front of your phone book for distress centres in your area.

ABUSE usually gets worse over time.

It will NOT STOP when your baby is born.



This document has been prepared with funds provided by the Government of Ontario. Printing costs were supported by the Government of Canada through Citizenship and Immigration Canada.