

## 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:

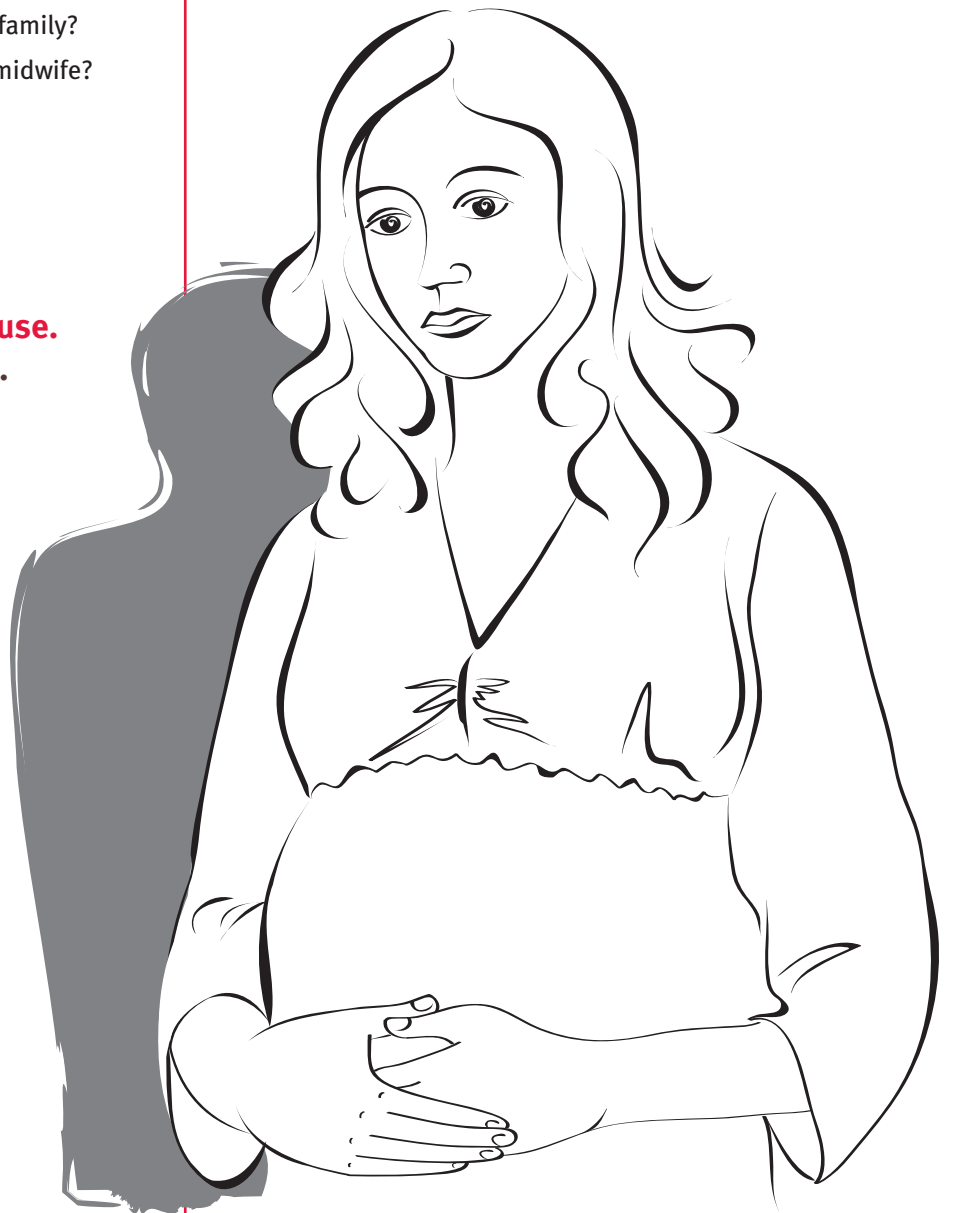
- be born too small
- be born too early
- be stillborn
- have injuries or infections
- have later health problems
- be abused after birth

### 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

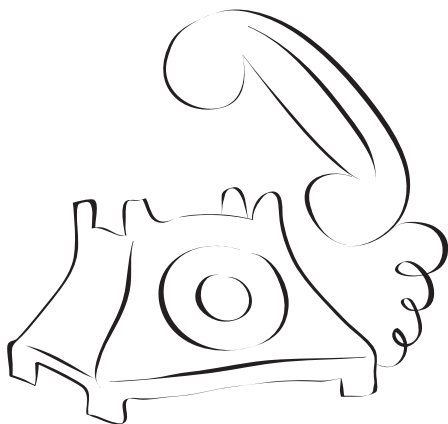
**Assaulted Women's Helpline website**  
www.awhl.org

## 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

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.**



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