

There are new alcohol guidelines for women:

- If you are **pregnant or planning a pregnancy, not drinking alcohol is the safest choice** for growing a strong baby
- If you are **breastfeeding, not drinking alcohol is the safest choice** for growing a strong baby



It's not just up to mums, dads are important too. We can all protect our children from alcohol.

Support your family and community and help our babies have a strong spirit for a strong future.

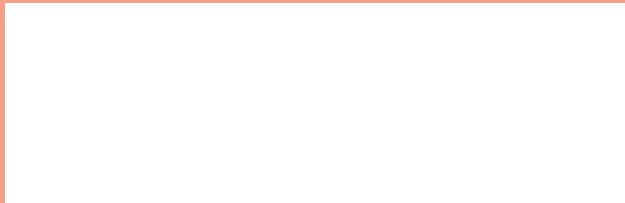


Sometimes women don't get help because they feel shame talking about their alcohol use.

Health workers can support you to stay healthy and grow a strong baby.

It is not easy to make changes but your friends, family and other people in the community can help you.

Local Contact:



Alcohol and Drug Information Service (ADIS)

24 hr, statewide, confidential telephone counselling and information service.

Metro: (08) 9442 5000

Country Toll Free: 1800 198 024

Parent Drug Information Service (PDIS)

A free, confidential, 24hr telephone counselling information and support for parents and family.

Metro: (08) 9442 5050

Country Toll Free: 1800 653 203

Call charges apply from mobile phones but if you leave your number they will call you back.

Mullark (Cover graphic): **Barry McGuire**

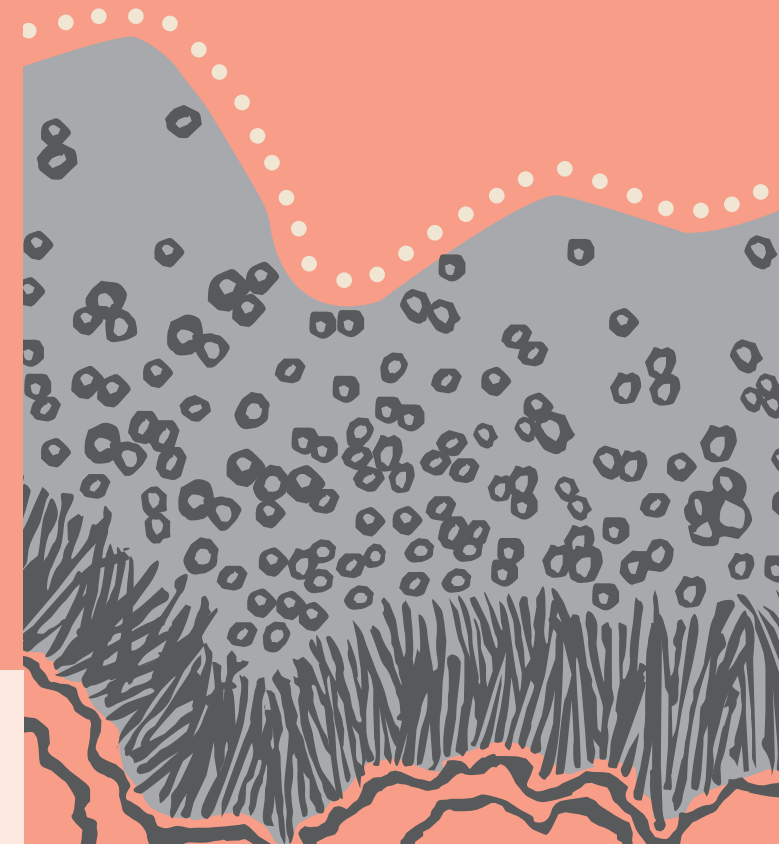
Illustrations: **Patrick Bayly – Workspace Design**



Strong Spirit Strong Future

If you are pregnant, planning a pregnancy or breastfeeding, not drinking alcohol is the safest choice for growing a strong baby.

Alcohol and your baby



alcohol**thinkagain**

Did you know...

There is no safe amount of alcohol use in pregnancy.

- Not drinking alcohol is important. When you drink alcohol, so does your unborn baby.
- Alcohol can weaken a baby's inner spirit, mind and health. Alcohol can cause brain damage and birth defects.
- Every pregnancy is different. The effects of drinking alcohol are different for each woman and her baby. **Each time you have a baby it can be different too.**



Have a yarn with your health worker if you are worried or would like to know more about the risks of drinking alcohol in pregnancy.

Not drinking alcohol is the best choice for your baby. Other things you can do to stay healthy and grow a strong baby include:

- Regular check ups with your health worker



- Daily exercise or physical activity



- Lots of sleep and rest



- Plenty of healthy tucker and water



- Yarning with grannies, aunties, mums, sisters, cousins and friends about how to keep your baby strong and healthy



Breastfeeding is good for baby and has lots of benefits. Breastfeeding can:

- Protect baby from infection and illness
- Provide baby with healthy food
- Help baby to grow strong
- Strengthen bonds with baby



Did you know...

- Drinking alcohol while breastfeeding can harm your baby
- Alcohol passes from a woman to her breastfeeding baby through breast milk
- Drinking alcohol while breastfeeding can reduce the amount of milk you make
- Drinking alcohol when breastfeeding can cause your baby to sleep less

If you are worried or would like to know more about alcohol and breastfeeding speak with your health worker.