



**Strong spirit  
Strong future  
No grog in pregnancy**

## **Our children are our future**

The safest option is not to drink alcohol when you're planning a pregnancy, pregnant or breastfeeding. Support your family and community and help our babies have a strong spirit for a strong future.

**alcoholthinkagain**



**If you would like to know more contact your local health service or call 9442 5000 (metro) or 1800 198 024 (country)**

*Calls from mobiles may attract a higher fee*