



Pregnancy and alcohol don't mix.

There is **no safe time** to drink alcohol during pregnancy.

There is **no safe amount** of alcohol.

Alcohol can harm your baby for life.

If you are pregnant and you need help to stop

- Contact Alcohol & Drug Information Service (24hr phone counselling) on 1300 131 340.
- Tell family and friends about the danger of alcohol for unborn babies.
- Discuss this with your Aboriginal Health Worker, your doctor or midwife.

Fetal Alcohol Spectrum Disorder (FASD) is the biggest preventable cause of birth defects and brain damage in unborn children.

Did you know that there is no cure for FASD?

Did you know that drinking alcohol during pregnancy can cause FASD?

Did you know that a baby born with FASD has brain damage, physical defects or behaviour problems that last for life?

Did you know that smoking and using other drugs also plays a part?

You can't compare yourself with other women because some women and their babies are more affected than others.

If you are planning to get pregnant no alcohol at all is your best choice.

If you are pregnant stop drinking alcohol now.



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CHILDREN, YOUTH & WOMEN'S HEALTH SERVICE



Women's
& Children's
Hospital