



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

- STOP drinking alcohol now.
- Contact Alcohol & Drug Information Service (24hr phone counselling) on 1300 131 340 for support.
- Tell family and friends about the danger of alcohol for unborn babies.
- Discuss this with your GP 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 drank small amounts of alcohol before you knew you were pregnant the risk to your baby is low.

If you are pregnant or planning to get pregnant, no alcohol at all is the safest choice.



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CHILDREN, YOUTH & WOMEN'S HEALTH SERVICE



Women's
& Children's
Hospital