

Yarning about alcohol and pregnancy



It's risky to drink grog or use drugs when pregnant or breastfeeding

- When you drink, so does your baby
- When you drink, alcohol gets into your breast milk
- When you smoke your baby smokes too
- Alcohol, tobacco and other drugs can harm your baby.

No safe amount of alcohol for baby

Drinking alcohol during pregnancy can cause miscarriage, premature birth and low birth weight babies. Alcohol can also cause Fetal Alcohol Spectrum Disorder or FASD. The disabilities associated with FASD are permanent and preventable. A child born with FASD may have:

- birth defects
- low IQ
- slow to grow
- poor memory
- problems with language
- problems with motor skills and
- be slower to develop mental, social and emotional skills.

A child with FASD may grow up with problems in learning, behaviour, mental health and a range of other disabilities that make their lives very difficult.

*It is never too late
to stop drinking
during pregnancy.*



Family and friends Who keeps us strong?



Is alcohol a worry?

- Do you think you drink too much grog?
- Are you worried about your grog use?
- Does your family worry about your drinking?
- Are you stressed out without grog?
- Do you wish you could stop?

If you said YES to any of these you may have worries about alcohol.

What keeps us strong?



Reasons to change

- Your baby that grows up strong
- Baby learns and develops like other kids
- Happy family
- Better relationships
- Family grows strong
- Everybody healthier and happier
- Community stays strong.

Tips for change

- Walk away from drinking – listen to your doctor
- Do other things you enjoy
- Stay with non-drinkers and spend time with family who don't drink or smoke or use drugs
- Spend time and have fun with your family and children.

Find your strengths

What makes you strong?

What is one change you'd like to make?

How would you make the change?

Is there anything else you'd like to change?

How would you make that change?

What would stop you from making these changes?

How can you overcome this?

Helping you change

Who can I turn to for help? _____

How will they help me? _____

Where am I up to with making changes? _____

Easy-to-read stories and videos on alcohol, pregnancy and FASD



Stay strong and healthy story books

Story book 1 is about a young woman who gets pregnant, and the choices she and her partner make for a healthy bub and the risks of drinking grog during pregnancy, including Foetal Alcohol Syndrome Disorder (FASD).

Story book 2 is about a pregnant young woman who learns about the harms of drinking alcohol during pregnancy and the challenges a child with FASD and their family can face.

Stay strong and healthy videos

Three videos yarn about the importance of not drinking grog during pregnancy.

A video for women and community, where Aboriginal mums, aunts and health workers who have personal experience of FASD, promote the importance of not drinking alcohol during pregnancy.

The videos for men and young people use cheeky humour to get the message across that grog during pregnancy and when breastfeeding is a serious business.

Order Stay strong videos, story books and other drug and alcohol resources for FREE at www.yourroom.com.au

For 24 hour drug and alcohol support, information, counselling and referral to services in NSW call the Alcohol and Drug Information Service (ADIS) on

1800 250 015

To find your local Aboriginal Maternal Infant Health Service or Building Strong Foundations in NSW search for AMIHS map in Google.



Stay strong and healthy it's worth it – health hints for pregnancy and life with a new bub.



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This booklet is a 2019 adaptation by the NSW Ministry of Health of a NT Government resource.

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