



Pregnancy + Alcohol don't mix

Any amount of alcohol can harm
your baby while you are pregnant.

den.org.au

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Pregnancy + Alcohol don't mix



Dear

For many of us, pregnancy is a big journey with lots of changes going on.

Health workers are now recommending that no alcohol during pregnancy is the safest choice for growing a healthy baby.

So much is asked of a pregnant woman and it can feel overwhelming.

I would like to offer my support for you to be alcohol free by

- Going alcohol free too
- Doing fun things that don't revolve around alcohol
- Being available for a chat when you need it



Need some more information?
Speak with your doctor or midwife.

And also check: den.org.au



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Health workers now recommend that no alcohol during pregnancy is the safest option for growing a healthy baby.

A few ideas to support your pregnant partner:



- > Going alcohol free too
- > Become an expert mocktail maker
See www.den.org.au/resources/#mocktails-mastery for recipes
- > Planning celebrations such as brunch instead of the pub
- > Asking how you can help

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