

NO ALCOHOL IN PREGNANCY IS THE SAFEST CHOICE

Say no to alcohol when you are pregnant

No thanks, not while I'm pregnant

No thanks, when I drink so does my baby

No thanks, I'm on a health kick

No thanks, I want to have a solid kid



**For more information, please
speak to a health professional**

The possible effects of drinking alcohol during pregnancy are:

- Brain damage**
- Birth defects**
- Poor growth**
- Social and behavioural problems**
- Delayed development**
- Low IQ**

**The effects are life-long
and may not be seen at birth**

Alcohol and Drug Information Services

Australian Capital Territory

Ph: (02) 6207 9977 (24 hrs)

New South Wales

Ph: 1800 422 599 (24 hrs)

Northern Territory

Ph: (08) 8922 8399

Queensland

Ph: 1800 177 833 (24 hrs)

South Australia

Ph: 1300 131 340 (24 hrs)

Tasmania

Ph: 1800 888 236 (24 hrs)

Victoria

Ph: 1800 888 236 (24 hrs)

Western Australia

Ph: 1800 198 024 (24 hrs)

www.ichr.uwa.edu.au/alcoholandpregnancy