

# Becoming alcohol-free during pregnancy

A doctor, health care professional, or alcohol and other drug worker can help you to safely stop drinking.

Alcohol passes directly to your baby at **every** stage of pregnancy and can damage their developing brain, body and organs.



*"Take one second, one minute, one hour, one day at a time. Doing nothing isn't an option when you're pregnant. Silence and self-blame will not help you. Reach out for support, you are not alone."*

*"Women struggle in silence with alcohol dependence – it is often unrecognised. Pregnancy can be an opportunity to address alcohol dependency."*

*"There is no shame or blame in disclosing your alcohol use during pregnancy in order to get help for your children. Any women who are physically dependent on alcohol also need not feel shame in disclosing this as there is help and support available."*



For information or support on FASD, phone the NOFASD Helpline on **1800 860 613** or visit **[nofasd.org.au](http://nofasd.org.au)**



Learn more about alcohol during pregnancy and breastfeeding at **[everymomentmatters.org.au](http://everymomentmatters.org.au)**

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