

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 Service (ADIS)
Phone 9442 5000 Free call 1800 198 024**