Before falling pregnant, it is safest for mum to stop drinking alcohol. Dad can support mum by not drinking alcohol too.

**What can happen to mum if she drinks alcohol when she is pregnant?**

- Higher risk of putting herself and baby in danger
- She can have a miscarriage, go into premature labour or have a stillbirth.

When mum is pregnant and drinks alcohol, it goes through the placenta to baby. When mum drinks, so does baby.

**What can happen to baby?**

- They can be born small
- Can have health problems growing up
- Their bones, arms and legs might not grow properly
- Can have problems with their heart
- They can have trouble seeing and hearing
- They can get Fetal Alcohol Spectrum Disorder (FASD). This means they could have a range of physical, mental, behavioural or learning troubles.

There is no safe amount of alcohol to drink. If mum is pregnant, planning a pregnancy or breastfeeding it is safest NOT to drink alcohol.
Breastfeeding is very important for your baby. When mum is breastfeeding, it is safest to stop drinking alcohol. This is because it can stay in her breastmilk. If mum is going to drink alcohol, it is safest to express breastmilk before drinking so baby can have this breastmilk.

**Tips for mum and dad:**

» Support each other by not drinking together
» Save money when not buying alcohol
» When going to gatherings or events, support each other’s decision not to drink.

Talk to your doctor or midwife about ways to stop drinking alcohol.

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**For more information contact:**

**CALL 13 HEALTH**
(13 43 25 84)

**ALCOHOL AND DRUG Information Service (ADIS)**
1800 177 833

These services are confidential with experienced professionals. They can be contacted 24 hours a day 7 days a week.

All information contained in this sheet has been supplied by qualified professionals as a guideline for care only. Seek medical advice, as appropriate, for concerns regarding you and your child’s health.

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