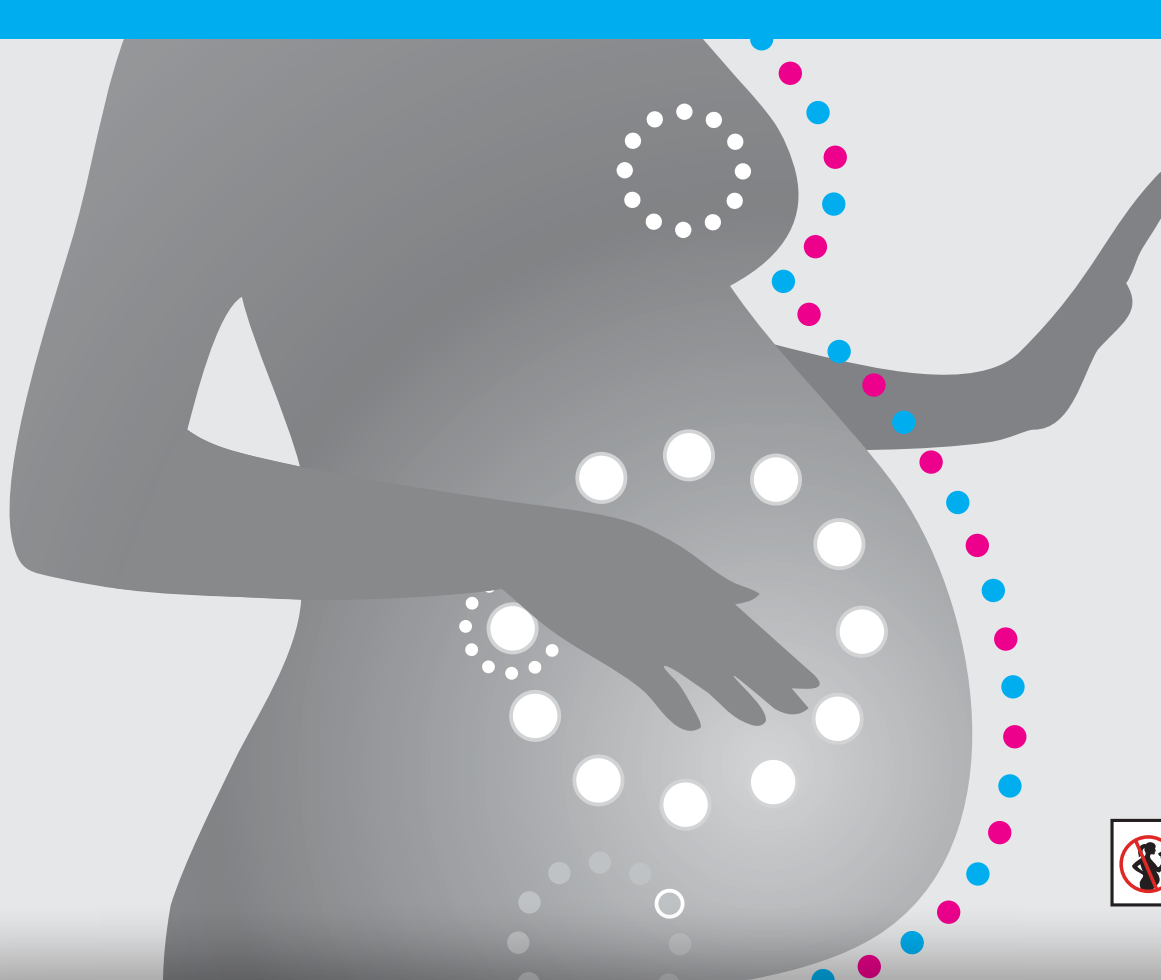


# Pregnant, planning or could be? Be alcohol-free throughout pregnancy.



The National Health and Medical Research Council (NHMRC) advises that:  
“maternal alcohol consumption can harm the developing fetus or breastfeeding baby”

### NHMRC Guidelines recommend:

- A. To prevent harm from alcohol to their unborn child, women who are pregnant or planning a pregnancy should not drink alcohol.
- B. For women who are breastfeeding, not drinking alcohol is safest for their baby.

Healthy pregnancies are not the sole responsibility of women, a fathers' alcohol consumption can impact the health of the developing baby too. Partners play a strong role in supporting alcohol-free pregnancies. Ceasing alcohol use together has been proven to be the most effective way to ensure a healthy pregnancy.

**For more information, visit [www.nofasd.org.au](http://www.nofasd.org.au) or call 1800 860 613**

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