

Yarning about alcohol, your baby and your health

Audit-C

How often do you have a standard drink containing alcohol?

SCORE:

Never (0)..... Monthly (1)..... Weekly (2) Some days each week (3) Most days each week (4)

How many standard drinks containing alcohol do you have on a typical day when you are drinking?

1 or 2 (0)..... 3 or 4 (1)..... 5 or 6 (2) 7-9 (3) more than 10 (4)

How often do you have six (6) or more standard drinks on one occasion?

Never (0).... Less than monthly (1) ...Monthly (2) ...Some days a week (3).... Most days each week (4)

High risk = Score more than 8 in total



TOTAL SCORE:

Add the number for each question to get your total score

The Health Risks to you and your baby

1-12 points risk to baby

8-12 points

High/Severe Risk

Medium Risk

4-7 points

Low Risk

1-3 points

0 points no risk to baby

It's risky to drink grog or use drugs when pregnant or breastfeeding

- « When you drink, so does your baby
- « When you smoke your baby smokes too
- « When you drink, alcohol goes into your breast milk
- « Alcohol and other drugs can harm or affect your baby
- « Your child might grow up with trouble learning
- « Drinking can cause FASD: Fetal Alcohol Spectrum Disorder
- « FASD is a disability for life



If you want to know more about FASD speak to your midwife, AHP, AOD Worker, nurse or doctor at clinic.

No Safe Amount of Alcohol for Baby

- Baby's brain is developing fast inside you
- Alcohol, tobacco and drugs can stop it growing properly
- Damage to heart and bones
- Baby too small and weak
- Face wrong shape, looks different
- Slow to grow
- Slow to learn
- Big worries for baby's whole life
- Troubled behaviour

Does this worry you about your drinking and your baby?



Family and friends

Who keeps us strong?



Who can help YOU to make the change



Is ALCOHOL a worry?

Do you or your family think you have a worry?

Do you think you use too much alcohol?

Are you worried about your alcohol use?

Does your family worry about your alcohol use?

Do you feel stressed out without alcohol?

Do you wish you could stop?

YES NO

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

If you said YES to any of these, you may have worries with alcohol

What keeps us strong?



Reasons to change

- Healthy baby that grows up strong
- Baby learns and develops like other kids
- Happy family
- Better relationships
- Family grows strong
- Everybody healthier and happier
- Community stays strong

Tips for change

- Walk away from drinking - Doctor's orders
- Do other things you enjoy
- Stay with non-drinkers and spend time with other mums who don't drink or smoke or use drugs
- Spend time with your family and children who don't drink or smoke or use drugs



Your plan for making change

What is the most important thing for you to work on changing right now?

Goal:

What would be your steps for making that change?

Step 1:

Step 2:

What is another important thing for you to work on changing right now?

Goal:

What would be your steps for making that change?

Step 1:

Step 2:

What do you think could stop you from achieving your goals?

All images supplied by the Department of Health ICD Unit

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Helping you change

Who will help?

What will they do to help?

Check with

to see how your plan is going.

Yarning about Alcohol and Pregnancy

Name: _____



Use this tool with the Yarning about Alcohol and Pregnancy Advice Card

Who to see

Name:

Health Centre:

Contact Person:

Contact Number:

Next Visit: Time:

This pamphlet has been developed by the Remote Alcohol & Other Drugs Workforce Program in collaboration with Menzies School of Health Research's Aboriginal and Islander Mental Health Initiative (AIMhi)NT. For further information or more copies of this resource contact the Remote Alcohol and Other Drugs Workforce, Department of Health on 08 8958 2503 or www.remoteaod.com.au