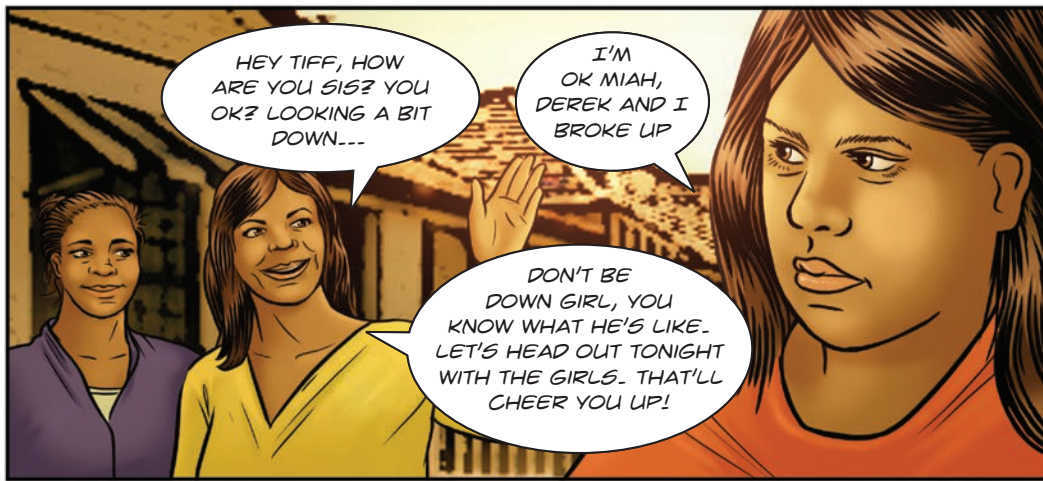


**STAY STRONG AND HEALTHY
IT'S WORTH IT**





HEY TIFF, HOW ARE YOU SIS? YOU OK? LOOKING A BIT DOWN---

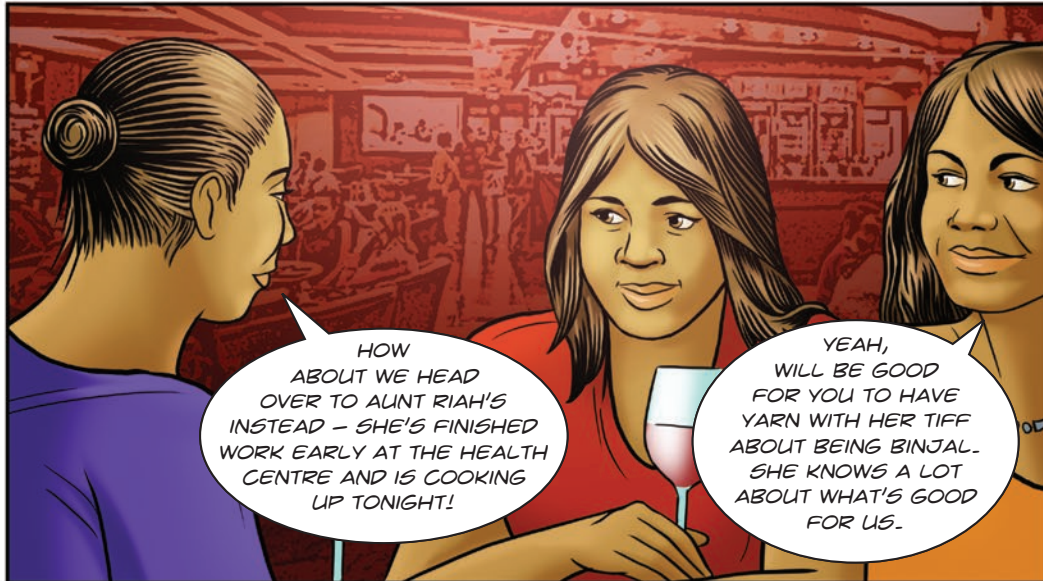
I'M OK MIAH, DEREK AND I BROKE UP

DON'T BE DOWN GIRL, YOU KNOW WHAT HE'S LIKE. LET'S HEAD OUT TONIGHT WITH THE GIRLS. THAT'LL CHEER YOU UP!



SEE TIFF, THINGS WILL BE ALRIGHT, HOW ARE YOU FEELING?

FOUND OUT I'M BINJAL* BUT BEING OUT WITH YOU ALL IS GREAT! LETS GET ANOTHER ROUND.



HOW ABOUT WE HEAD OVER TO AUNT RIAH'S INSTEAD - SHE'S FINISHED WORK EARLY AT THE HEALTH CENTRE AND IS COOKING UP TONIGHT!

YEAH, WILL BE GOOD FOR YOU TO HAVE YARN WITH HER TIFF ABOUT BEING BINJAL. SHE KNOWS A LOT ABOUT WHAT'S GOOD FOR US.



GIRLS JUST IN TIME FOR A FEED!



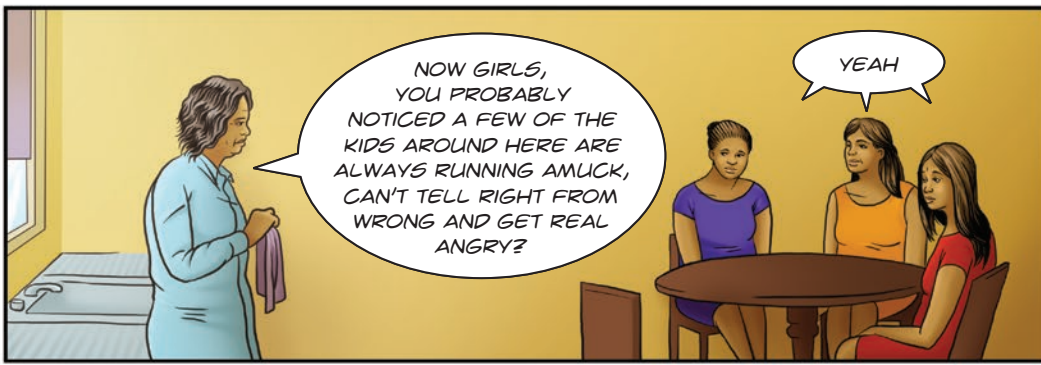
NOW WHAT'S GOING ON HERE TIFF, I HEAR YOU'RE BINJAL AND YOU'VE BEEN DRINKING?

YEAH WHAT'S WRONG WITH THAT, EVERYONE DOES IT.

YOU GOTTA STAY OFF THAT GROG GIRL

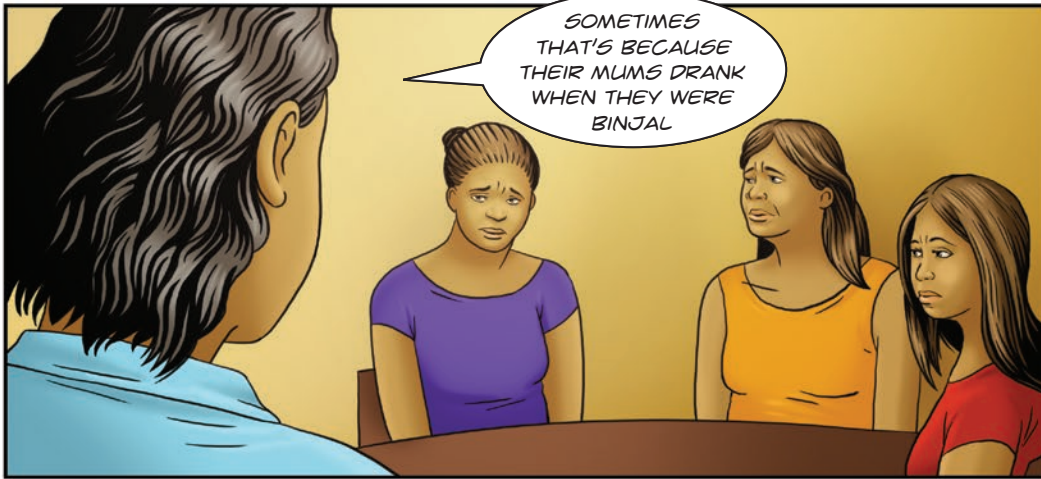


AUNT I JUST WANT TO FORGET THIS AND HAVE FUN, DEREK'S LEFT, HOW AM I GONA FINISH TAFE?



NOW GIRLS, YOU PROBABLY NOTICED A FEW OF THE KIDS AROUND HERE ARE ALWAYS RUNNING AMUCK, CAN'T TELL RIGHT FROM WRONG AND GET REAL ANGRY?

YEAH



SOMETIMES THAT'S BECAUSE THEIR MUMS DRANK WHEN THEY WERE BINJAL



THERE'S A NEW KID AT KINDY LIKE THAT WHO'S SLOW AND HAS PROBLEMS LEARNING - HE GETS FRUSTRATED AND MAKES TROUBLE. HIS FACE LOOKS DIFFERENT TO OTHER KIDS.



HE CAN'T HELP IT. HIS MUM DIDN'T KNOW THAT DRINKING GROG WHEN YOU'RE BINJAL CAN CAUSE FASD.

FASD?



YES, FETAL ALCOHOL SPECTRUM DISORDERS. THEY ARE DISABILITIES, WHICH CAN BE CAUSED BY DRINKING ALCOHOL DURING PREGNANCY - BRAIN DAMAGE, POOR GROWTH, SLOW DEVELOPMENT, BIRTH DEFECTS, SOCIAL PROBLEMS AND LOW IQ.

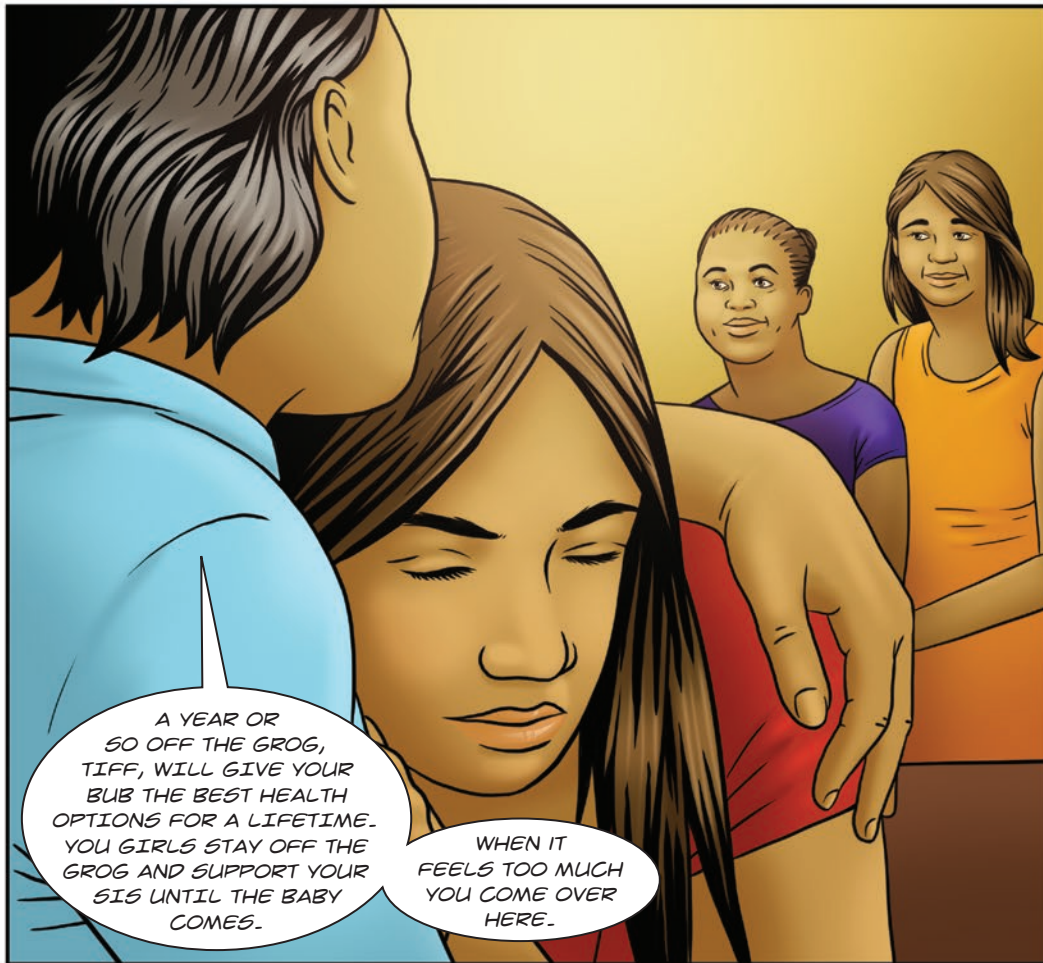
I DIDN'T KNOW ABOUT IT!



A LOT OF PEOPLE DON'T KNOW ABOUT FASD. IT'S IMPORTANT THAT WE TALK TO THE MOB ABOUT IT. TIF YOU GOTTA STAY OFF THAT GROG - YOU'RE BABY'S LIFE IS IN YOUR HANDS. IT'S NEVER TOO LATE TO GIVE UP.

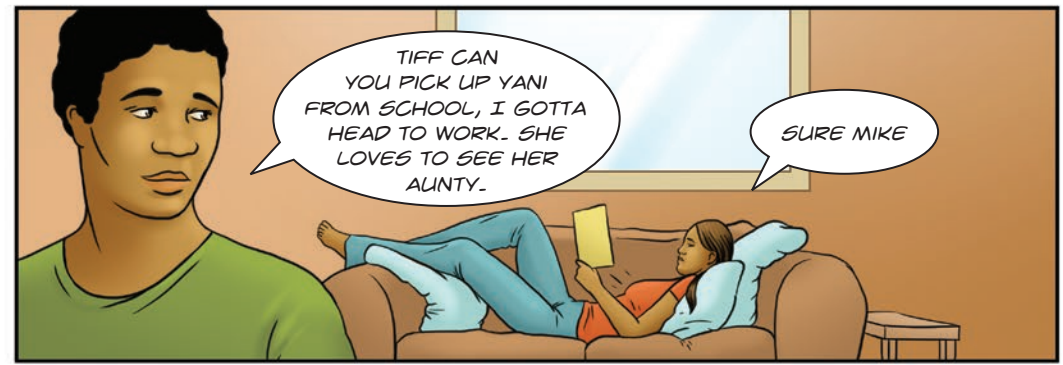


I HEAR WHAT YOU'RE SAYIN AUNT. IT'S JUST HARD YOU KNOW WITH EVERYONE HAVIN A GOOD TIME AROUND ME.



A YEAR OR SO OFF THE GROG, TIFF, WILL GIVE YOU THE BEST HEALTH OPTIONS FOR A LIFETIME. YOU GIRLS STAY OFF THE GROG AND SUPPORT YOUR SIS UNTIL THE BABY COMES.

WHEN IT FEELS TOO MUCH YOU COME OVER HERE.



TIFF CAN YOU PICK UP YANI FROM SCHOOL, I GOTTA HEAD TO WORK. SHE LOVES TO SEE HER AUNTY.

SURE MIKE



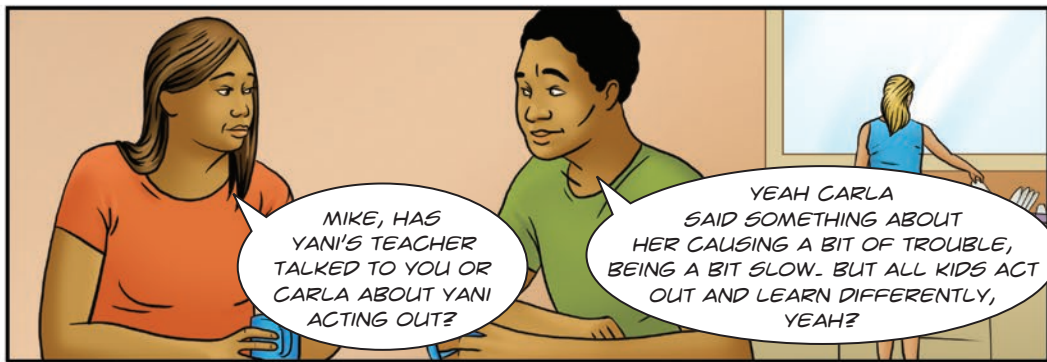
WHAT'S GOING ON HERE?



TIFF, YANI IS A HANDFULL. SHE WON'T LISTEN, GETS REAL HYPER THEN ANGRY. SHE CAN'T DO HER SCHOOL WORK LIKE THE OTHER KIDS CAN.

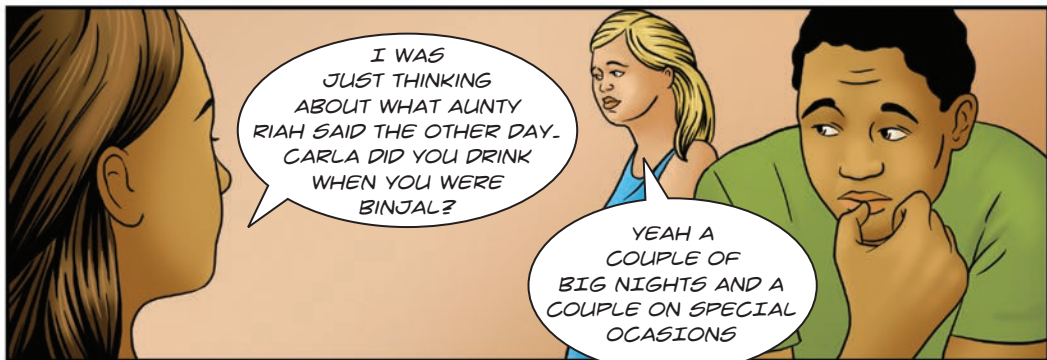


WHAT'S GOING ON YANI?



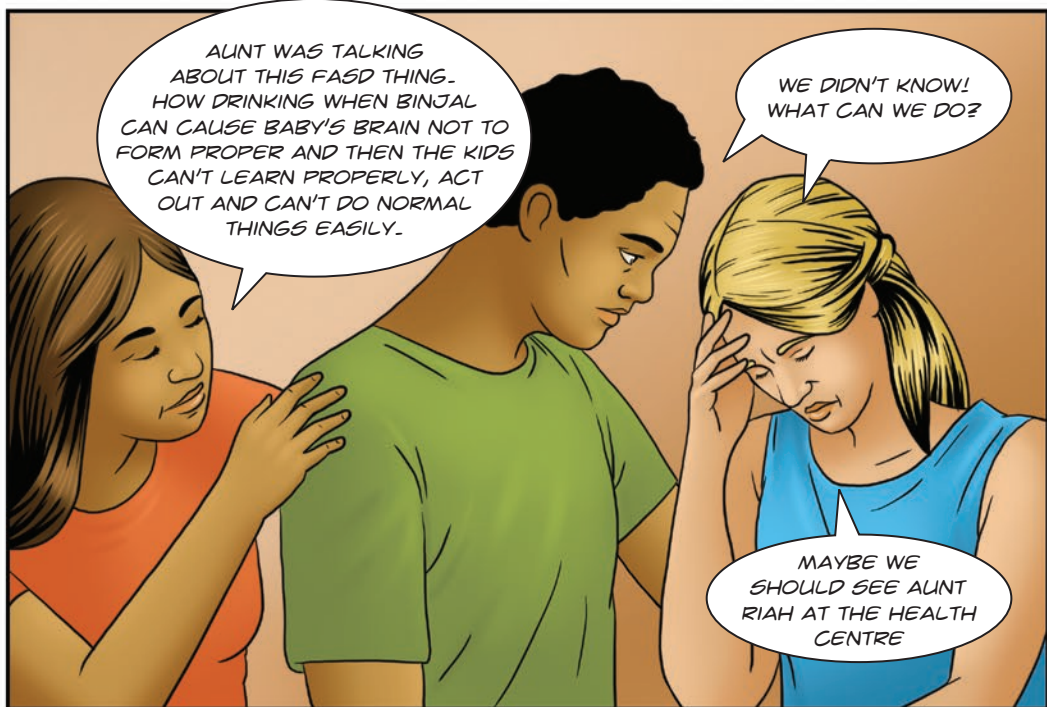
MIKE, HAS YANI'S TEACHER TALKED TO YOU OR CARLA ABOUT YANI ACTING OUT?

YEAH CARLA SAID SOMETHING ABOUT HER CAUSING A BIT OF TROUBLE, BEING A BIT SLOW. BUT ALL KIDS ACT OUT AND LEARN DIFFERENTLY, YEAH?



I WAS JUST THINKING ABOUT WHAT AUNTY RIAH SAID THE OTHER DAY. CARLA DID YOU DRINK WHEN YOU WERE BINJAL?

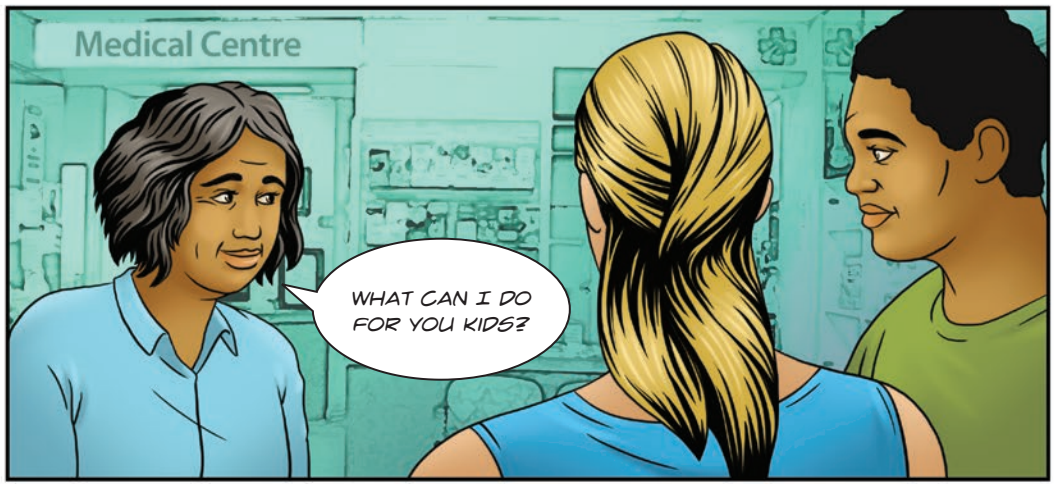
YEAH A COUPLE OF BIG NIGHTS AND A COUPLE ON SPECIAL OCCASIONS



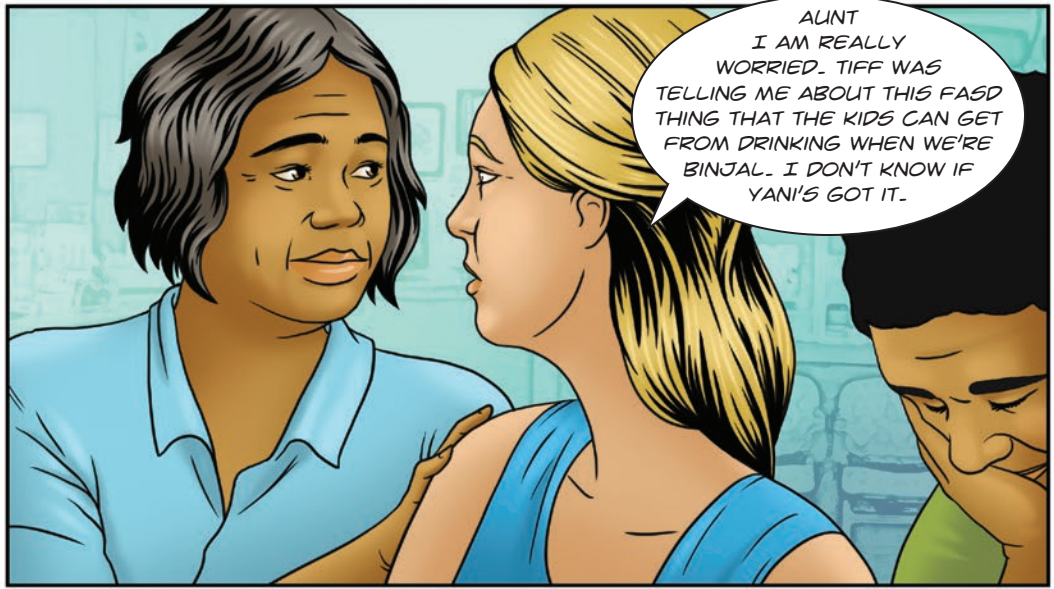
AUNT WAS TALKING ABOUT THIS FASD THING. HOW DRINKING WHEN BINJAL CAN CAUSE BABY'S BRAIN NOT TO FORM PROPER AND THEN THE KIDS CAN'T LEARN PROPERLY, ACT OUT AND CAN'T DO NORMAL THINGS EASILY.

WE DIDN'T KNOW! WHAT CAN WE DO?

MAYBE WE SHOULD SEE AUNT RIAH AT THE HEALTH CENTRE



WHAT CAN I DO FOR YOU KIDS?



AUNT I AM REALLY WORRIED. TIFF WAS TELLING ME ABOUT THIS FASD THING THAT THE KIDS CAN GET FROM DRINKING WHEN WE'RE BINJAL. I DON'T KNOW IF YANI'S GOT IT.



IT'S POSSIBLE CARLA. BUT TRY NOT TO WORRY. YOU CAN SEE THE GP, HELEN, TODAY AND GET YANI CHECKED OUT.



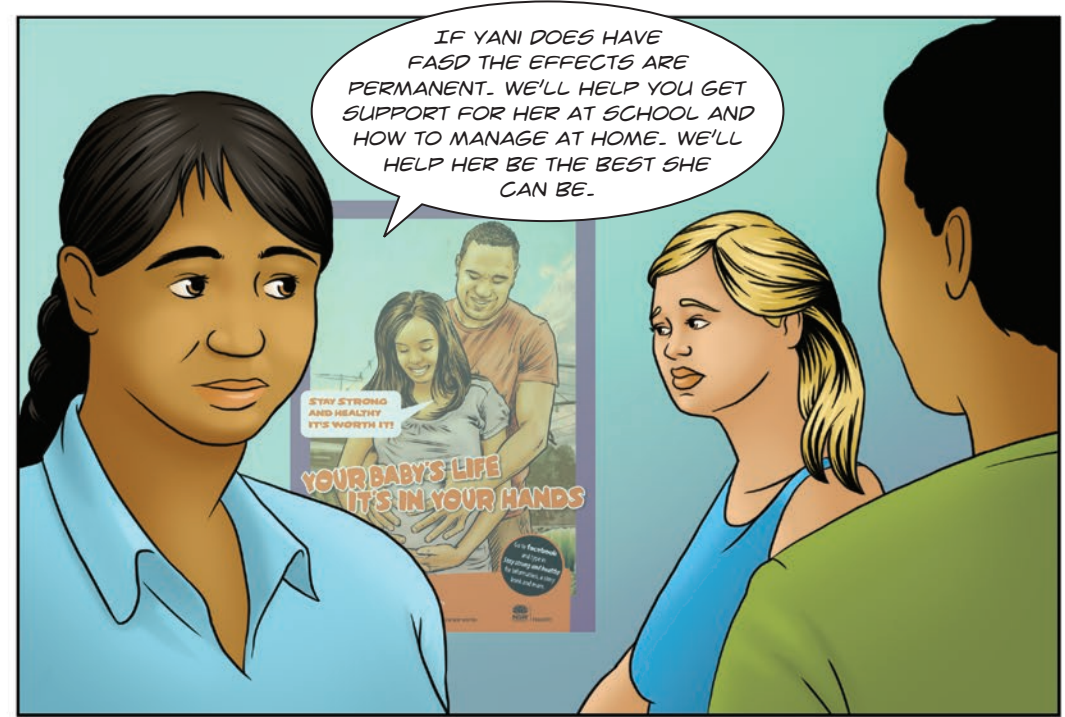
HI HELEN, WE ARE WORRIED THAT YANI MIGHT HAVE FASD.

OK, LET'S HAVE A LOOK AT YOUNG YANI AND THEN YOU CAN TALK ABOUT HOW MUCH YOU DRANK WHEN YOU WERE PREGNANT AND YOUR CONCERNS ABOUT YANI'S BEHAVIOUR.

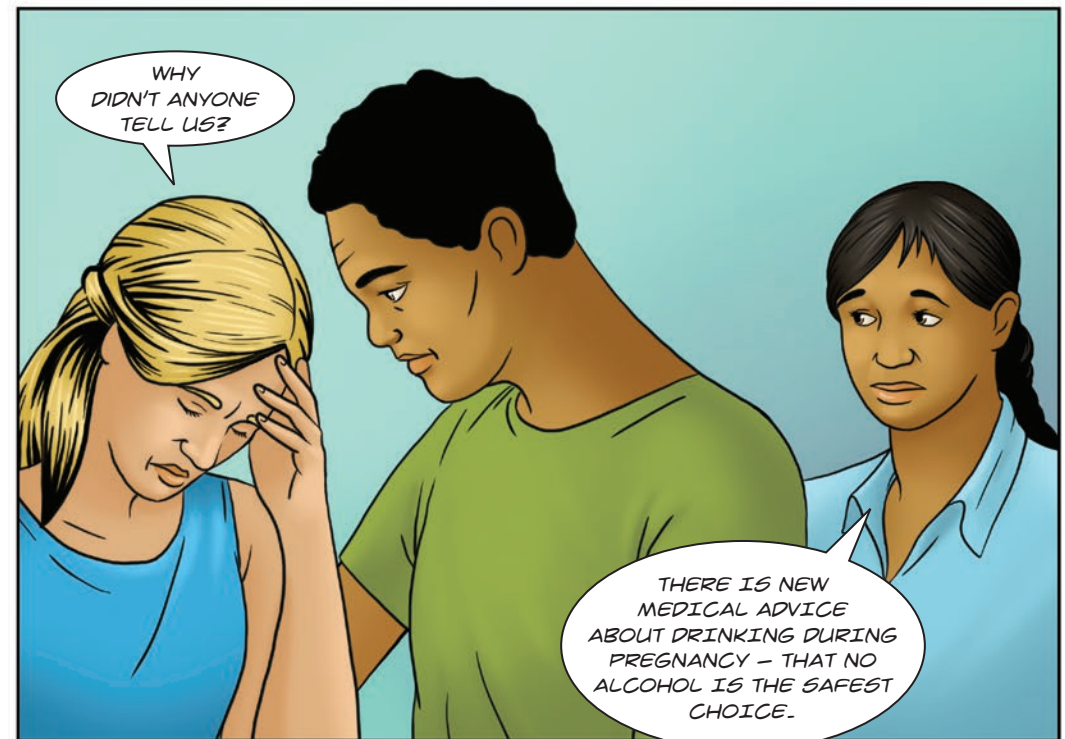


FROM WHAT YOU HAVE TOLD ME AND FROM CHECKING YANI OUT, IT SEEMS THAT SHE MAY HAVE FASD. EVEN IF SHE LOOKS LIKE OTHER KIDS THE ALCOHOL MAY HAVE AFFECTED HER BRAIN. YOU'LL NEED TO SEE A SPECIALIST TO FIND OUT FOR SURE.

OH NO! WHAT ARE WE GOING TO DO?

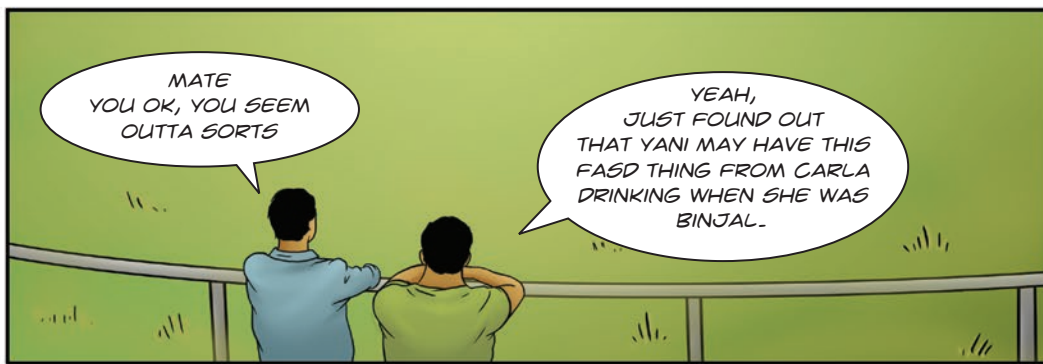


IF YANI DOES HAVE FASD THE EFFECTS ARE PERMANENT. WE'LL HELP YOU GET SUPPORT FOR HER AT SCHOOL AND HOW TO MANAGE AT HOME. WE'LL HELP HER BE THE BEST SHE CAN BE.



WHY DIDN'T ANYONE TELL US?

THERE IS NEW MEDICAL ADVICE ABOUT DRINKING DURING PREGNANCY - THAT NO ALCOHOL IS THE SAFEST CHOICE.



MATE YOU OK, YOU SEEM OUTTA SORTS

YEAH, JUST FOUND OUT THAT YANI MAY HAVE THIS FASD THING FROM CARLA DRINKING WHEN SHE WAS BINJAL.

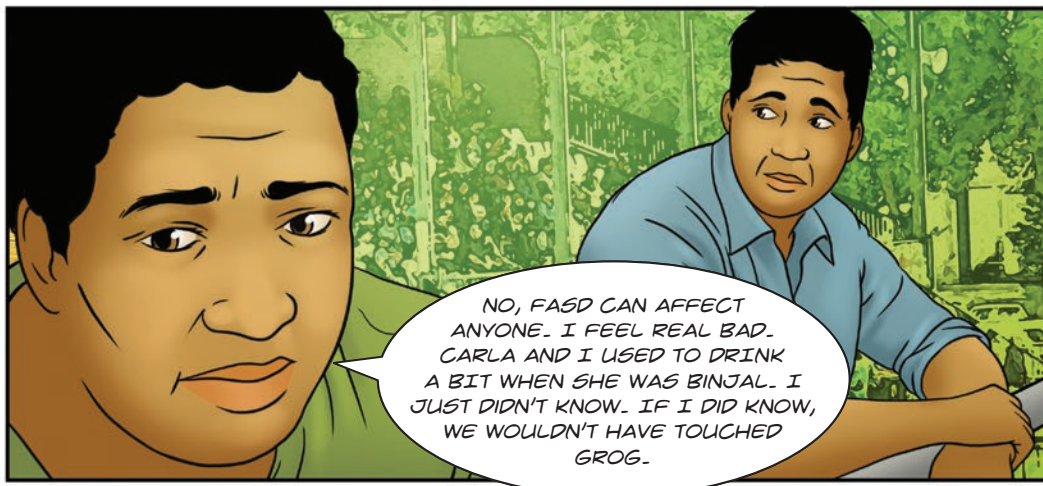


WHAT'S FASD?

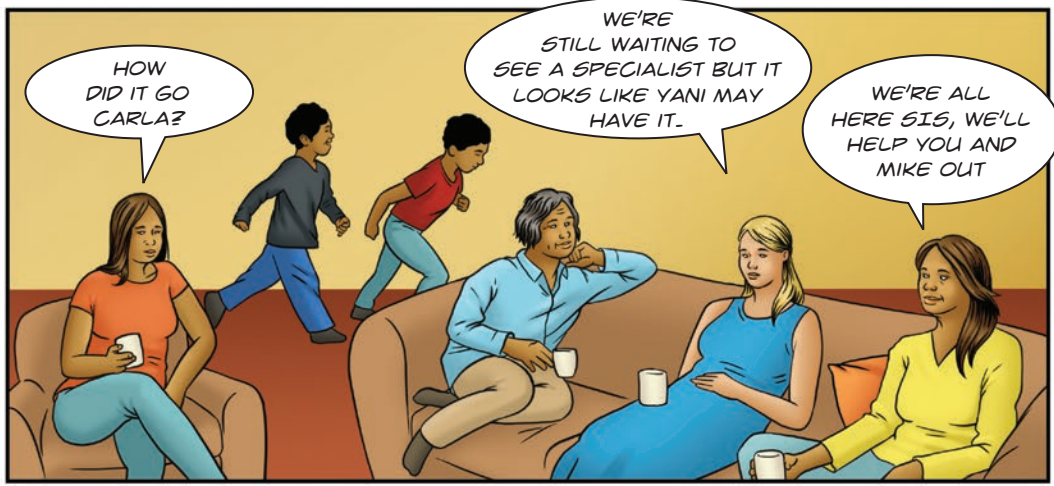


FASD STANDS FOR FETAL ALCOHOL SPECTRUM DISORDERS. THE ALCOHOL DAMAGES THE BABY'S BRAIN AND GROWTH, SO WHEN THEY GROW UP THEY CAN'T LEARN PROPERLY AND CAN ACT OUT.

NO WAY?! I HEARD SOMEONE TALKING ABOUT THE GROG THING AND THOUGHT IT JUST AFFECTS US BLACK FELLAS.



NO, FASD CAN AFFECT ANYONE. I FEEL REAL BAD. CARLA AND I USED TO DRINK A BIT WHEN SHE WAS BINJAL. I JUST DIDN'T KNOW. IF I DID KNOW, WE WOULDN'T HAVE TOUCHED GROG.



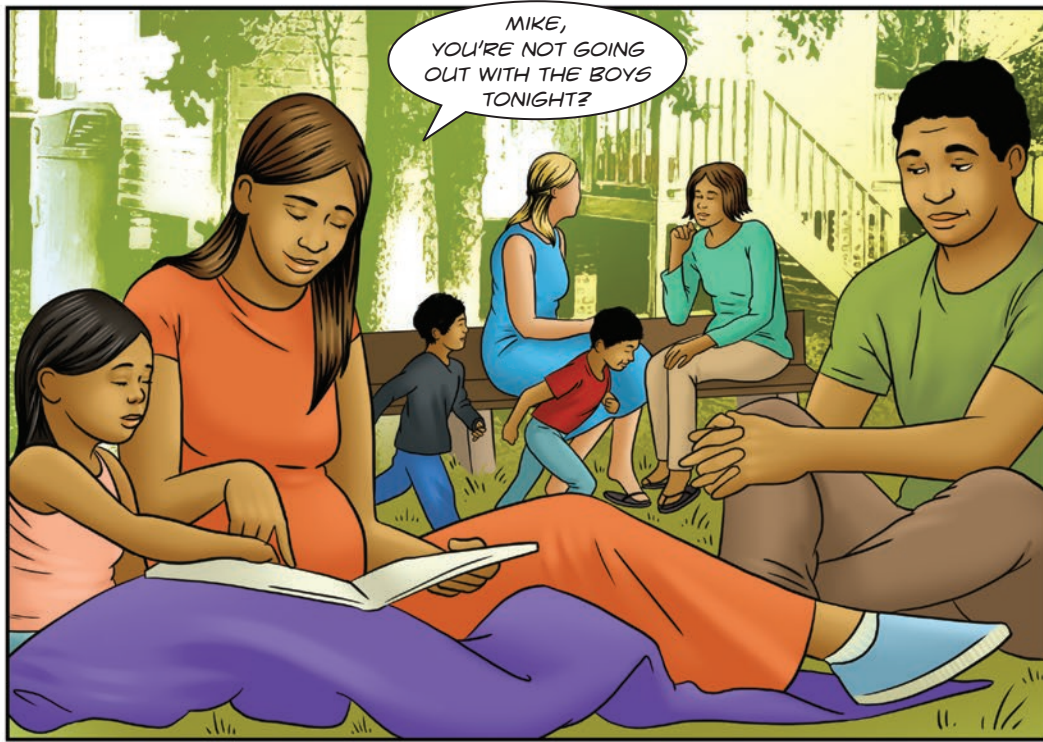
HOW DID IT GO CARLA?

WE'RE STILL WAITING TO SEE A SPECIALIST BUT IT LOOKS LIKE YANI MAY HAVE IT.

WE'RE ALL HERE SIS, WE'LL HELP YOU AND MIKE OUT



EVEN WHEN YOU GIRLS ARE BREASTFEEDING IT'S IMPORTANT TO STAY OFF THE GROG BECAUSE GROG IS PASSED THROUGH THE BREAST MILK AND CAN CAUSE PROBLEMS WITH FEEDING AND SLEEPING.



Support during pregnancy and with your new baby

Aboriginal Maternal and Infant Health Service (AMIHS) midwives and Aboriginal Health Workers provide antenatal and postnatal care, from as early as possible after conception up to 8 weeks after the baby is born. The care is provided in the community with links into mainstream maternity services.

AMIHS services provide antenatal health checks, booking in to maternity hospitals, smoking cessation programs, referral and support to access other services, post natal checks and support, and information on infant feeding and nutrition.

Building Strong Foundations (BSF) programs provide a free and culturally safe early childhood health service for Aboriginal children from birth to school-entry age and their families.

To find your local Aboriginal Maternal Infant Health Service or Building Strong Foundations Program call the Alcohol and Drug Information Service (ADIS)

Telephone: **9361 8000** (Sydney)
or free call: **1800 422 599** (for NSW regional and rural callers).

ADIS also provide confidential support, information or advice about alcohol and drugs 24 hours a day, 7 days a week.

If you are feeling down call the PANDA (Perinatal Anxiety and Depression Australia) helpline on **1300 726 306** 9am to 5pm Monday to Friday or call Lifeline on **131 114** after hours.

Find your local Aboriginal Medical Service

Contact the Aboriginal Health & Medical Research Council website www.ahmrc.org.au – click on the ‘Members’ link.

For more information go to www.yourroom.health.nsw.gov.au



StayStrongAndHealthy



Your local service