

# Stay Strong and healthy It's worth it

**Drinking alcohol  
when you're pregnant  
can harm your baby.  
No alcohol is the  
safest choice.**

**Talk to your GP, midwife  
or Aboriginal health  
worker about giving up  
grog during pregnancy  
and when breastfeeding.**



Find out more at [www.yourroom.com.au](http://www.yourroom.com.au)



**StayStrongAndHealthy**



**Health**