



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

YOUR BABY'S LIFE IT'S IN YOUR HANDS

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Stay strong and healthy
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Having a new bub can have its ups and downs.

If you feel down or drink grog or use drugs it can affect your baby.

- Ask a friend, relative or your partner to help you be strong
- and talk to your Aboriginal health worker, midwife or doctor about your worries.



Health