YOUR BABY'S LIFE IT'S IN YOUR HANDS

Go to **facebook** and type in ***Stay strong and healthy*** for information, a story book and more.

Pregnancy 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.

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