

STAY STRONG AND HEALTHY IT'S WORTH IT



No alcohol during pregnancy is the safest choice.

Tips when out with friends

It can be hard when you're pregnant and people pressure you to drink alcohol.

If you're not ready to tell people you're pregnant you could say - No thanks...

- I'm not drinking tonight.
- I have to drive.
- I have to get up early tomorrow.
- I can't afford to drink at the moment.
- I have a big day/ early meeting tomorrow.
- I'm not feeling that great so I'd rather not.

Or get a friend to support you and say

- We're on a health kick together and not drinking alcohol.

If people know you're pregnant or you're happy to tell them you can say:

- not while I'm pregnant. I'm looking after my bub.

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

Find out more at www.yourroom.health.nsw.gov.au



StayStrongAndHealthy



Health

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