



Pregnant?  
Trying?  
Don't drink

If you are pregnant or trying to get pregnant, stop drinking alcohol. There is no known safe level of alcohol use at any stage during pregnancy.

[www.alcoholpregnancy.org.nz](http://www.alcoholpregnancy.org.nz)

### Alcohol and your baby

**Drinking alcohol during pregnancy can harm your baby.** It doesn't matter whether it's beer, cider, wine, spirits or ready-to-drinks (RTDs) – they all contain alcohol. Drinking alcohol during pregnancy has been linked to miscarriage, stillbirth, premature birth, or lifelong physical and mental disabilities for your child. This range of effects is known as Fetal Alcohol Spectrum Disorder, or FASD for short. Even a small amount of alcohol at any time during pregnancy can affect your baby's development.

**Your baby is not protected from alcohol by the placenta.** Alcohol passes freely through the placenta and can reach levels in the baby's blood that are as high as those in the mother.

**There is no safe time to drink alcohol during pregnancy.** A baby's brain and central nervous system grow and develop throughout the nine months of pregnancy so can be affected by alcohol at all stages, including in the early weeks before a woman even knows she is pregnant.

### What can I do?

You have probably already made lots of changes because you want the best for your baby. Not drinking alcohol is another way you can ensure your baby gets the best start to life.

The best thing to do is to stop drinking alcohol if you are pregnant or trying to get pregnant. Your partner and family can support you by reducing their alcohol use while you are pregnant.

If you are pregnant and have been drinking alcohol, it's never too late to stop. Stopping your drinking at any time during pregnancy is best for your baby.

<p>Pregnant women</p> 	<p>No alcohol</p> <p>0</p> <p>Standard Drinks</p>	<p>There is no known safe level of alcohol use at any stage of pregnancy</p>
---	---	--

If you have any concerns about your drinking or your pregnancy, talk to your midwife, doctor, another health professional, or contact the **Alcohol Drug Helpline - 0800 787 797**, [alcoholdrughelp.org.nz](http://alcoholdrughelp.org.nz), or **free text adh to 234**.