

# #DRYMESTER

HELPING PARENTS-TO-BE GO ALCOHOL FREE



## SUPPORT A MUM-TO-BE TO GO **ALCOHOL FREE** DURING PREGNANCY

For more information visit  
[www.drymester.org.uk](http://www.drymester.org.uk)

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# TOP TIPS FOR SUPPORTING A MUM-TO-BE DURING #DRYMESTER



**It's now known that mums-to-be are more likely to stay alcohol free during pregnancy if their partners, family members or friends support them in doing so. Healthy babies are everyone's responsibility within a relationship or family. Your support can be a very important part of the pregnancy journey.**

## Here are our top tips to get your started:

1

Sign up to #DRYMESTER and pledge to go alcohol free throughout the duration of your partner's pregnancy. This show of solidarity will definitely earn you some brownie points.

2

Sign up to #DRYMESTER and pledge to go alcohol free for a period of time within your partner's pregnancy. However long you can pledge, it will help your mum-to-be in her commitment to stay alcohol free.

3

If you don't feel like going teetotal, try and cut down the amount of alcohol you drink within a week. Perhaps swap your wild Saturday nights out for a few down the local on a Tuesday – your mum-to-be will see that you're trying and thank you for it.

4

Avoid drinking around her in social situations. There's nothing like the FOMO monster rearing its ugly head whilst you're out. Try and see things from her perspective and if you can go alcohol free for the evening, do so!

5

Help her bat away the awkward alcohol conversations by letting people know that there is no safe time or safe amount to drink during pregnancy, and she won't be taking the risk.

6

Take the lead by offering your mum-to-be non-alcoholic drinks whilst out at social events. Ask at the bar for their best mocktail selection and impress away with your knowledge on exciting, alcohol free alternatives.

7

Plan activities that don't revolve around alcohol. Pregnancy can feel boring and isolating for some, so having social and recreational activities to look forward to can be just the ticket!

8

Help reduce the stress in her life. Tiredness, as a symptom of pregnancy, can lead to irritation, lower resilience and increasing stress levels. Ask your mum-to-be if she has any concerns or needs help during her pregnancy. Most times just talking things through can lighten the load.

