

# #DRYMESTER

HELPING PARENTS-TO-BE GO ALCOHOL FREE



## VIRTUAL BABY SHOWER PACK

Thank you for downloading this #DRYMESTER virtual baby shower pack and helping us to spread the word about going alcohol free during pregnancy.



In this pack you'll find ideas to help you plan and host your very own virtual baby shower for those that have been cancelled due to the Covid-19 pandemic. Online video chat platforms are a great way to bring everyone together to celebrate your expected new arrival and we've included a bunting template that you can print and hang up in the background.



INVITATION



GAME IDEAS



MOCKTAIL RECIPES



FASD INFORMATION



GUESS THE WEIGHT  
AND DATE SHEET



BUNTING



PREGNANCY QUIZ

We would love to see your #DRYMESTER virtual baby showers, so why not share photos on our dedicated Facebook, Instagram and Twitter pages with the hashtag #DRYMESTER – have fun and get tagging! Together, we can spread the word to encourage healthier pregnancies.

