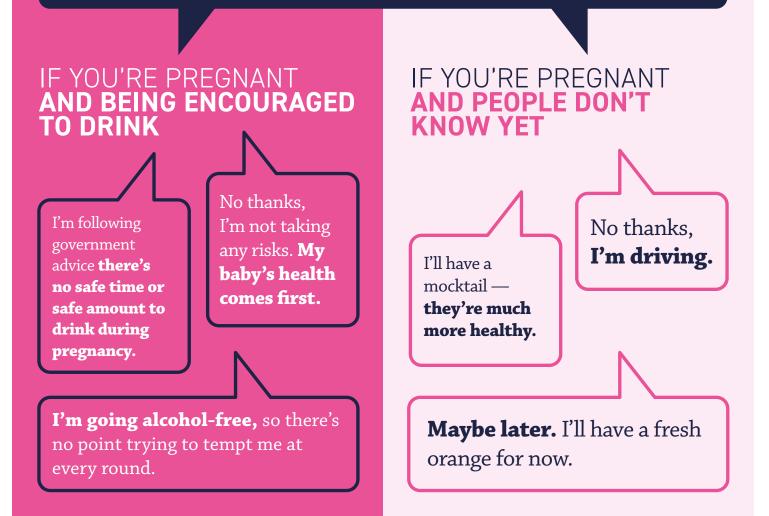
## PHRASES TO HELP YOU AVOID ALCOHOL WHILST PREGNANT



Parties and social gatherings make it harder to avoid drinking alcohol when pregnant. Here are some tips for how to stay on course with #DRYMESTER when people are encouraging you to drink.



## NO SAFE TIME NO SAFE AMOUNT

HELPING PARENTS-TO-BE GO ALCOHOL FREE

#DRYMEST







