

SUPPORT A PARENT-TO-BE TO GO ALCOHOL FREE

If your partner is pregnant, your support is very important.



WHY IT'S IMPORTANT

Alcohol passes freely to your baby's blood system. This can harm brain cells and damage the nervous system, at any point in your pregnancy. This can cause Fetal Alcohol Spectrum Disorder, leaving your child with life-long physical, behavioural and learning problems.



FASD IS PREVENTABLE

DO YOU KNOW THE EXPERT ADVICE?

If you're pregnant or planning to become pregnant, the safest approach is **not to drink alcohol at all** to keep risks to your baby to a minimum.

UK Chief Medical Officers

TOP TIPS TO SUPPORT YOUR PARTNER

1 GO ALCOHOL FREE

Show your support by taking part in #DRYMESTER and going alcohol free for the duration of your partner's pregnancy.

2 NO SAFE TIME NO SAFE AMOUNT

People often suggest things like '1 drink won't hurt.' Help your partner by letting people know that there is no safe time or safe amount to drink during pregnancy, and that you won't be taking the risk.

3 OFFER ALTERNATIVES

In social situations or as a host, be prepared with and offer non-alcoholic alternatives.

4 BE PROACTIVE

Think of activities that don't involve drinking alcohol.

For more information and support services, visit www.drymester.org.uk/he



Essex County Council



Hertfordshire



#DRYMESTER

HELPING PARENTS-TO-BE GO ALCOHOL FREE

