

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.

IF YOU'RE PREGNANT AND BEING ENCOURAGED TO DRINK

I'm following my midwife's advice **there's no safe time or safe amount to drink during pregnancy.**

No thanks, I'm not taking any risks. **My baby's health comes first.**

I'm going alcohol-free, so there's no point trying to tempt me at every round.

IF YOU'RE PREGNANT AND PEOPLE DON'T KNOW YET

I'll have a mocktail — **they're much more healthy.**

No thanks, **I'm driving.**

Maybe later. I'll have a fresh orange juice for now.

**NO SAFE TIME
NO SAFE AMOUNT**



For helpful tips and more information about the risks of drinking alcohol during pregnancy, drymester.org.uk/ss

#DRYMESTER

HELPING PARENTS-TO-BE GO ALCOHOL FREE

