

# Drinking alcohol while you are pregnant can hurt your baby

## When you drink alcohol your baby drinks it too!

Alcohol will reach your unborn baby within seconds and your baby will have the same alcohol content as you.

When you are drunk your baby is drunk.

The alcohol will remain in your baby longer than it does in you.

## How much alcohol is safe during pregnancy?

No amount of alcohol is safe when you are pregnant.

If you find it hard to stop drinking alcohol you should ask for help.

## What is foetal alcohol spectrum disorder?

A term that describes both mental and physical birth defects in babies caused by their mothers drinking alcohol while they are pregnant.

CatholicCare NT



For more information phone: (08) 8944 2000 or go to [www.catholicarent.org.au](http://www.catholicarent.org.au)