Remember - it's in your hands.

Women who are planning to have a baby should make a positive choice and stop drinking alcohol immediately, if they want to have a healthy baby.

- There is no cure for Foetal Alcohol Spectrum Disorder (FASD)
- If your baby is born with FASD then the damage can never be reversed
- It is 100% preventable

To be sure, the safest advice is:

- No greg if you are trying to get pregnant
- No Grog if you are pregnant
- No Grog

Remember your baby’s life in your hands.

Partners, Family and Friends

Many women are unaware of the consequences of drinking prior or during pregnancy. Some women even believe wine or beer is not alcohol. In some cases, your friend may be suffering from alcoholism. They may need to know how alcohol can affect an unborn child. They may also need assistance with getting some professional help. In such cases, you should contact your local family resource centre or Primary Health Care Centre for advice on how you can help.

It’s easier to change a habit with the help and support of a partner, friend, or family member. Behavioural change is a difficult process, but it may be your support that makes a difference for success.

Here are some things you can do to help:

- Do things together that do not involve alcohol
- Help her believe she can succeed
- Encourage regular visits to the health care provider
- Ensure she has a health care plan

Keep your baby healthy

Warning: Drinking and Smoking during or before pregnancy may cause birth defects and brain damage to your baby.
Are you pregnant and drinking alcohol?

If you are give it up NOW.

Women who drink alcohol when they are pregnant are putting their unborn babies at ‘high risk’ of alcohol related brain damage, retardation or miscarriage.

Foetal Alcohol Spectrum Disorder and Foetal Alcohol Effects (FASD / FAE) are disorders that can affect the physical or behavioural development of an unborn fetus, if the mother drinks alcohol just before or during her pregnancy.

Healthy fetus development involves the survival, multiplication and development of cells.

This process is disrupted when pregnant women choose to drink alcohol.

The concentration of alcohol in the fetus’ bloodstream is at the same level as the mother’s, however, the fetus’ liver cannot process the alcohol at the same rate as adults.

High concentrations of alcohol stay in the fetus longer, often up to 24 hours. Damage to the fetus can happen at anytime throughout the pregnancy, from any amount of alcohol. There is no ‘safe’ amount of alcohol intake for pregnant mothers.

Any amount of drinking will cause damage to your baby especially the brain.

Give your baby the best start in life.
STOP Drinking Alcohol NOW!

Remember - it’s in your hands.

If you feel that you need help in stopping your intake of alcohol even if you not pregnant contact a healer or FASD worker in your community.

Primary Health Care Centres (PHCC)

Kowanyama PHCC 4060 5133
Kowanyama Council office (Shirley) 4060 7100
Wujal Wujal PHCC 4060 8339
Pormpuraaw PHCC 4060 4125
NPA Women Service 4069 3553
Injiwine PHCC 4069 3465
Umagico PHCC 4069 3306
New Mapoon PHCC 4069 3404
Hopevale PHCC 4093 3438
Mapoon PHCC 4090 9174
Caern PHCC 4060 1166
Aurukun PHCC 4060 6133
Lockhart River PHCC 4060 7155
Laura PHCC 4060 3520
Gurring Yalamukha Health Service 4065 3348

Regional Centres

Apunipima Cape York Health Council 1800 663 393
Wuchopperen Health Service 4080 1000
Mooian Rosie-Bo-Rayan 4033 2083
Cooktown PHCC 4069 5270
Cairns Base Hospital (Indigenous) 4050 6249
Royal Flying Doctors Service 4053 1952
FNQ Regional Division of 4042 7333
General Practitioners

If you need further help in making positive life choices for your children you can contact Apunipima Cape York Health Council for more assistance and referrals.