A few drinks can last forever

Keep your baby healthy

Demonstration doll showing the effects of Foetal Alcohol Spectrum Disorder.
Healthy doll.
Demonstration doll showing the effects of exposure to drugs while in the womb.

Staying alcohol free is the only safe choice for a healthy baby, that means beer and wine too. There is no safe amount. There is no safe time. There is no safe alcohol.

If need further help in making positive life choices for your children you can contact Apunipima Cape York Health Council for more assistance.
Freecall 1800 653 393 or at www.apunipima.org.au

it's in your hands
give your baby the best start in life