Give her the message

Keep your baby healthy
Warning: Drinking and Smoking during or before pregnancy may cause birth defects and brain damage to your baby.

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