

# Alcohol, tobacco and other drugs during pregnancy and breastfeeding



*Growing Strong* Feeding you and your baby

Great state. Great opportunity.

## Smoking

If you smoke when pregnant you are more likely to have problems and Baby can be born too early, too small, or stillborn (not born alive). Baby can also get sick a lot after birth.

Pregnancy is a good time to give up smoking for good.





Everything  
that you eat,  
drink and smoke can  
affect your growing  
baby, even before  
birth.

Children are more likely to develop chest infections, asthma and ear infections if adults smoke around them.

Make sure no-one smokes around Baby. Ask smokers to smoke outside. It is illegal to smoke in the car if Baby is with you.



There are people who can help you quit. Call Quitline 13 78 48 or talk to your doctor or health worker.

## Alcohol

Baby can be born a 'Grog Baby'.  
Grog Babies have trouble learning and behaviour problems.

*Alcohol is a poison. Drinking alcohol when you are pregnant can harm you and Baby.*

*There is no safe level of alcohol in pregnancy so don't drink when you are pregnant.*



## Drinking and breastfeeding

The best thing for you to do is to avoid drinking alcohol at all when you are breastfeeding.

If you are going to drink, have no more than two drinks and after you have breastfed.

*Alcohol  
passes into your  
breastmilk. Baby can't  
handle the alcohol  
and it can hurt  
Baby.*





If you drink and get drunk you can't care properly for Baby. If you are going to drink a lot, get someone you can rely on to take care of Baby – like a grandmother or an auntie who doesn't drink. Give them expressed breastmilk or formula to feed Baby.



**Don't breastfeed Baby until the alcohol has left your body.  
This takes about two hours for every standard drink.**

There are people who can help you drink less.

Call the Alcohol and Drug Information Service on  
1800 177 833 or talk to your doctor or health worker.

## Marijuana (gunja, yarndi) and other illegal drugs

If you smoke yarndi while pregnant it can affect Baby:

- Baby can have withdrawal symptoms as a newborn.
- As a small child, Baby's sleep and memory can be affected.
- Baby can have problems learning to talk, and learning problems at school later in life.
- Other illegal drugs can do a lot of damage to your baby as well.
- Baby can be born addicted to drugs and have life long problems.

*Don't smoke yarndi when you are pregnant, breastfeeding or around Baby.*

*Always tell your doctor if you are pregnant or breastfeeding*

### Legal drugs can also be harmful

Ask your doctor before taking any medicine – even herbal medicine can hurt Baby.

# Growing Strong

## Feeding you and your baby

For more information contact your local health worker  
or call 13 HEALTH (13 43 25 84).



**Alcohol and Drug Information Service (ADIS)**  
**1800 177 833**

Quitline and ADIS are a confidential Service with  
experienced counsellors. They can be contacted  
24 hours 7 days a week.



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