What if I’m pregnant?
- Muthan can harm the way your baby grows and develops
- May cause miscarriage
- May affect the way your baby learns as a child and adult
- If you are pregnant, or planning to become pregnant, you should consider not drinking at all
- If you’re breastfeeding it’s safest not to drink at all

Problems for baby
- Breathing trouble when born
- Weak muscles
- Bone and heart problems
- Can’t sleep well

What about my family
Alcohol is a drug. It changes the way people think, feel and act.
- Muthan sometimes causes accidents – people may fight – sometimes family
- Money problems, always buying muthan not paying bills, rent, food or clothes
- Mood swings, arguing, family breakdown
- Crime, forget what you are doing, dealing with police, jail and fines

Cuz, drinking too much can make you sick
Hangovers
- Sick in the stomach
- Headaches
- Feeling unwell
High blood pressure
- Chest pain
- Breathing problems
- Heart disease
Liver disease
- Hurts to touch
- Gives you pain
Brain damage
- Loss of memory
Low blood sugar in diabetics

Keep yourself safe
- Drink in moderation
- Know when you’ve had enough
- Don’t drink and drive
- If you drink, do it in safe places or with friends or family

Help and more info
Alcohol and Drug Information Service
1300 13 1340 (8:30am – 10:00pm, 7 days)
Aboriginal Drug and Alcohol Council (SA) Inc
8351 9031
Aboriginal Health Council of SA
8273 7200
Nunkuwarrin Yunti of South Australia
8406 1600

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