

Parent Wellbeing Tip Sheet



Alcohol

Alcohol can harm your baby in utero. It is important that you avoid drinking alcohol while you are pregnant.

After giving birth, you should continue to avoid alcohol consumption. Drinking can impair your parenting skills and negatively affect your baby's health.

If you do decide to drink while raising a young child, it is important that you inform yourself of the facts and risks.

These are some simple tips to follow:

- Remember that alcohol is transferred into your breast milk within 30-60 minutes and will be at the same concentration as in your blood.
- Remember that there is no known safe intake of alcohol for women who are breastfeeding.
- If you do choose to drink:
 - wait until your baby is at least one month old and limit your intake to two standard drinks
 - do not drink every day
 - breastfeed before you consume alcohol
 - ensure you express enough breast milk before drinking to last until your milk is free of alcohol
 - see the ABA pamphlet for waiting times based on mother's weight and number of drinks
- Husbands should support their spouse by also avoiding or cutting down on their drinking.
- If drinking alcohol was a regular part of your social routine, replace it with something else, for example a non-alcoholic beverage that you enjoy.