

# BABY *or* THE BOTTLE

*These guidelines can help prevent foetal alcohol syndrome:*



**Don't drink alcohol if you're trying to get pregnant.**



**Continue to avoid alcohol throughout your pregnancy.**



**Consider giving up alcohol during your childbearing years.**



**If you have an alcohol problem, get help before you get pregnant.**

*Foetal Alcohol Syndrome is preventable by avoiding drinking alcohol **before** and **during** pregnancy.*



Drinking Alcohol During Pregnancy  
**WILL BE A NIGHTMARE**  
FOR YOU AND FOR YOUR BABY



**Alcohol and Drug Concerns - Gauteng**