

Alcohol and pregnancy myths

uncovered

“It’s okay to drink Guinness when you’re pregnant because it’s full of iron”

Myth

Truth

Guinness is alcohol and it should be avoided altogether during pregnancy. To increase your iron levels during pregnancy try eating leafy green veg, red meat and dried fruit.

“One or two glasses of wine is fine; it’s actually quite relaxing for the baby”

Myth

Truth

Research shows that no alcohol is safe to drink when you’re pregnant as it increases the risk of harming your baby’s development.

“It’s okay to have one or two drinks in the last few months of pregnancy as the baby is already fully formed”

Myth

Truth

Your baby continues to grow and develop right to the end of your pregnancy and beyond, so drinking alcohol at any time during your pregnancy could put your baby at risk.

Make your own mocktail

This Cosmopolitan mocktail is alcohol free and delicious. Give it a try!

What you need

- 1 lime
- 2 cups of cranberry juice
- 2 cups of sparkling water

How to make it at home

1. Pour the cranberry juice into a jug
2. Add the sparkling water
3. Squeeze in half a lime
4. Leave to chill before serving in a cocktail glass
5. Add a wedge of lime and some ice to finish



When mums-to-be drink so do their babies



Baby Steps
Little changes make a big difference



Liverpool City Council

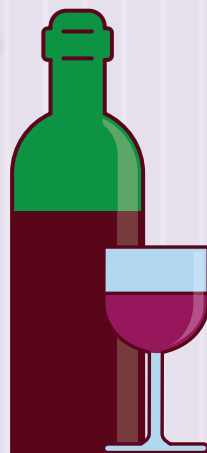
Help your baby be born healthy

For more information and support about drinking alcohol and pregnancy, contact your midwife, GP or search online for ‘NHS Choices healthy pregnancy’.

Is it worth the risk?

A 'little drink' is a lot for a baby to handle. In fact, the latest advice from the Royal College of Midwives and the Chief Medical Officer for England is that mums-to-be should avoid alcohol altogether to minimise health risks to the baby. Your tiny tot simply can't process alcohol the way you can, and it's potentially harmful.

Late into pregnancy you might start to feel better and fancy the odd glass here or there. But even low level drinking isn't safe. The bottom line is that when mums-to-be drink alcohol, so do their babies. You've really got to ask yourself – is it worth the risk?



No alcohol is safe to drink while you're pregnant

Drinking alcohol can increase

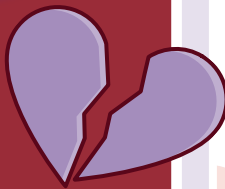
your risk of miscarriage

Benefits of staying alcohol free:

- Healthy baby
- Healthy body
- You're giving your baby the best start in life

Drinking alcohol puts your baby at risk of:

miscarriage, premature birth, low birth weight, health problems including liver damage, epilepsy, learning and behavioural difficulties.



What would you

like to know?

Q The medical advice seems to change every day. What's the right thing to do?

A The latest advice from the Royal College of Midwives and the Chief Medical Officer for England says that mums-to-be should avoid alcohol altogether as it could harm the baby.

Alcohol free options

As a mum-to-be, you want to stay alcohol free for your whole pregnancy. On the other hand, you don't have to miss out on enjoying a nice cold drink. Just choose an alcohol free option such as a mocktail (a cocktail without alcohol). Try the recipe on the back of this leaflet.

Q It's safe to drink a couple of glasses of wine a week – that's only a couple of units, isn't it?

A Lots of people think one glass of wine is one unit. However, the truth is, just one large glass of wine (250ml) is around three units of alcohol. Remember, any amount of alcohol you drink puts your baby at risk.

Q But my friend drank through her pregnancies and all of her kids are fine?

A She was lucky. The best advice is to stop drinking alcohol for the full term of your pregnancy.

Q Doesn't the placenta filter the alcohol to protect the baby?

A No. The placenta does not filter alcohol. The alcohol goes directly into your baby's bloodstream. So when you drink, your baby drinks too.

Have a chat with your midwife or GP if you have any questions about alcohol and pregnancy.



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ways to stay off the booze

- 1 Tell your friends and family that you won't be drinking – and why. You'll be amazed at how supportive they'll be.
- 2 Don't feel pressurised into drinking alcohol when you're out socialising. There are always alcohol free options available.

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Ask for a mocktail at the bar, or try making one at home with our recipe.

