

SUPPORT A PARENT-TO-BE TO GO ALCOHOL FREE

If your partner is pregnant, your support is very important.



TOP TIPS TO SUPPORT YOUR PARTNER

1 GO ALCOHOL FREE

Show your support by taking part in #DRYMESTER and going alcohol free for the duration of your partner's pregnancy.

2 NO SAFE TIME NO SAFE AMOUNT

People often suggest things like '1 drink won't hurt.' Help your partner by letting people know that there is no safe time or safe amount to drink during pregnancy, and that you won't be taking the risk.

3 OFFER ALTERNATIVES

In social situations or as a host, be prepared with and offer non-alcoholic alternatives.

4 BE PROACTIVE

Think of activities that don't involve drinking alcohol.

If you are close to someone who is pregnant and drinking, consider some of these ideas about how to help:

- Ask them if they want information or support
- Don't judge, be critical or push them towards solutions
- Offer practical support like avoiding alcohol when you are together, caring for other children to give them a break, or attending midwife or other appointments with them
- Provide encouragement and acknowledge any positive changes they make
- Assist them with getting the professional support they may need

For more information visit www.drymester.org.uk



@DrymesterNHSGM



@drymester_nhsgm



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Cwm Taf Morgannwg
University Health Board