



Drinking and your baby

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Most women will do all that they can to have a healthy baby. One way to help do this is by not drinking alcohol if you could be or are pregnant.

Why?

When you drink, so does your baby. Alcohol in your blood is carried through the placenta to your baby.

Drinking alcohol during pregnancy can increase the risk of miscarriage, as well as harm to your baby causing a range of lifelong effects.

This range of effects is called fetal alcohol spectrum disorder or FASD for short.

The effects can include premature birth, brain damage and physical birth defects. The effects continue after the baby is born and can include developmental delay, learning disabilities, and social, emotional and behavioural problems.

Can I drink at all?

Even a small amount of alcohol at any time during pregnancy can affect your baby's developing brain, resulting in learning and behavioural difficulties. Drinking more increases the risks of greater damage. It does not matter whether it is beer, wine, cider, spirits or RTDs – all contain alcohol.

Although this damage does not always happen when a mother drinks (which explains why some pregnant women have had the odd drink without apparent harm to their baby), it is impossible to know when harm will occur. Therefore, if you don't drink you can be certain your baby will not be affected by FASD.

What about breastfeeding?

The Ministry of Health advises it is best to avoid alcohol while breastfeeding. Alcohol passes to your baby in your breast milk and can affect their development. When you drink, less milk is produced and the alcohol can also make your baby irritable and unsettled.

What can I do?

It is never too late to stop drinking. This will help your baby be healthy.

You have probably already made lots of changes because you want the best for your baby. Not drinking is another way you can ensure your baby gets the best start to life.

If you are planning to get pregnant stop drinking. If you think you might be pregnant or are pregnant, do not drink alcohol until after your baby is born. If you have been drinking during your pregnancy it's important to stop now.

While you are breastfeeding it is best to continue to avoid alcohol.

If it is hard for you to stop drinking, it might help to talk to someone you trust. You could talk to your midwife or doctor, antenatal clinic or call the Alcohol Drug Helpline on 0800 787 797. They are good listeners and will have some helpful ideas.

Sometimes women find it helpful to ask family and friends to support them in their decision not to drink alcohol while pregnant.

Health Promotion Agency

For help contact the Alcohol Drug Helpline on **0800 787 797**

To order resources visit alcohol.org.nz

Te inu me tō pēpē



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Ko te nuinga o ngā wāhine ka whakapau kaha kia hauora tā rātau pēpē. Ko tētahi āwhina i tēnei kia kaua te inu waipiro i a koe e hapū ana.

He aha ai?

Ka inu ana koe, ka inu anō tō pēpē. Ka kawea te waipiro i roto i ō toto mā te whenua ki tō pēpē.

Ka whakapiki pea te inu waipiro i te mōreareatanga ki te mate whakatahē, me te tūkinō anō i tō pēpē e pāngia ki ētahi pānga mō te roanga atu o tōna ora.

E kīia ana ēnei pānga he fetal alcohol spectrum disorder, ko tōna whakarāpopototanga he FASD.

Ko ngā pānga pea he tamaiti kokoti tau, tūkinō i te roro me te hauā o te tinana. Ka pāngia tonu ki ngā pānga i muri o te whānautanga mai o te pēpē, arā, ka tōmuri te tipu, ka rarururu te ako, me te rarururu anō o te whakawhanaungatanga, te kare ā-roto me te whanonga.

Ka taea anō e au te inu?

Ahakoia iti noa te waipiro i tētahi wā o te hapūtanga ka pā tonu pea ki te whanaketanga o te roro o tō tamaiti e rarururu ai te ako me te whanonga. Ka nui atu te inu, ka kaha kē atu te tūkinō. Kāore he aha mēnā he pia, he waina, he haira, he waipiro maitai, RTD rānei – he waipiro kei roto i ēnei.

Ahakoia kāore e pā i ngā wā katoa e inu ana te whaea (koinā e inu ētahi wāhine hapū i ētahi wā iti nei kāore nei he pānga ki te pēpē), kāore hoki e tino mōhiotia āhea te pānga whakamamae. Nō reira, ki te kore koe e inu e mōhio pū koe e kore e pāngia tō pēpē ki te FASD.

Ka pēhea te whāngai ū?

Ko te tohutohu a te Manatū Hauora he pai ake kia kaua e inu waipiro i te wā e whāngai ū ana. Ka uru te waipiro ki roto i tō pēpē mā te wai ū, ā, ka pā pea ki tōna whanaketanga. Ina inu koe, he iti ake te miraka ka whakaputaina e koe, ā, tērā pea kāore e tau, e rata tō pēpē.

Me aha au?

He pai ake te whakamutu i te inu ināianei tēnā i te kore e mutu. Ka āwhina tēnei kia ora pai tō pēpē.

Tērā pea he maha ō panonitanga e ora pai ai tō pēpē. Ko te kore inu waipiro anō tētahi āhuatanga pai katoa kia whānau pai mai ai tō pēpē ki te ao.

Mēnā ko tō tūmanako kia hapū koe me mutu tō inu. Mēnā ki ōu whakaaro kei te hapū koe, kei te mōhio rānei koe kei te hapū koe, kaua e inu waipiro kia whānau rā anō mai tō pēpē. Mēnā i te inu koe i a koe e hapū ana me whakamutu ināianei.

I a koe e whāngai ū ana ko te mea pai katoa kia kaua e inu waipiro.

Mēnā he uaua mōu te whakamutu i te inu waipiro, he pai pea te kōrero ki tētahi tangata e whakawhirinaki ana koe. Ka taea e koe te kōrero ki tō kaiwhakawhānau pēpē, tākuta, whare whānautanga, te waea rānei ki te Alcohol Drug Helpline i 0800 787 798. He pai ēnei tāngata ki te whakarongo kōrero, kei a rātau anō ētahi tohutohu pai.

I ētahi wā ko te āwhina nui mō ētahi wāhine ko te tonono ki te whānau me ngā hoa kia tautokona rātau ki tā rātau whakarite kia kaua e inu waipiro i te wā e hapū ana rātau.

Mō ētahi atu mōhiotanga waea atu ki te Alcohol Drug Helpline **0800 787 798**

Mō ētahi tārua haere rānei ki alcohol.org.nz