Get regular check ups with your health care worker.

Eat healthy tucker.

Drink plenty of clean water.

Get lots of rest and sleep.

Get some exercise.

Talk to your grannies, your mums, your aunties, your sisters, your cousins and your friends. Talk about babies and how to keep them strong and healthy.

Making sure medicine is safe

If you are taking medicine you must ask your doctor or health care worker if the medication is safe during pregnancy. Never take any prescription drugs that were not prescribed for you by your doctor. If you are buying medicine from the chemist tell them you are pregnant so that they can check if the medicine is safe for you and your baby to take.

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Getting help for you and your baby

Sometimes women don’t get help because they feel shame talking about their alcohol and other drug use. Aboriginal Alcohol and Drug Workers, Aboriginal Health Workers, doctors or other health professionals are concerned about you and your baby. They will not put you down. They want to help you and your baby stay strong and healthy. They can help you to stop or cut down your use in safe ways. They can talk to you about ways to help your baby grow strong. It may not be easy to make changes but your family, friends and other people in your community can help and support you.

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Strong Babies

Strong Spirit

Strong Mind

Aboriginal Ways of Reducing Harm

From Alcohol and Other Drugs

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ABORIGINAL SUPPORT SYSTEM

Family

Aboriginal Worker

Other children

Siblings

Elders

Parents

You

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Stop using or cut down alcohol and other drugs

Cutting down or stopping drug and alcohol use is very important. When you use alcohol and other drugs so does your baby, even when you are breastfeeding. Your baby will get stoned or drunk just like you. Sometimes this can weaken their spirit, their mind and health. Sometimes this can be forever.

Our children are our future.
Our children need to be born healthy so they can have a strong spirit and a strong mind.
Everyone wants to have a strong healthy baby.
There are some things that you can do to help your baby grow strong.