

# Alcohol, tobacco and other drugs during pregnancy and breastfeeding



## Smoking

If you smoke when you are pregnant,  
Baby can be born too small.

Pregnancy is a good time to give up  
smoking for good.



Children are more likely to develop chest infections, asthma and ear infections if adults smoke around them.

*Everything that you  
eat, drink and smoke  
can affect your  
growing baby, even  
before she is born.*

*Ask smokers to smoke outside.  
Make sure no-one smokes around Baby.*

## Alcohol

Baby can be born a 'Grog Baby'. Grog Babies have severe learning and behaviour problems.

Drinking alcohol when you are pregnant can harm Baby.

There is no safe level of alcohol in pregnancy so don't drink when you are pregnant.



## Drinking and breastfeeding

*Alcohol passes into  
your breastmilk.  
Baby can't handle  
the alcohol and it  
can harm Baby.*

The best thing for you to do is to avoid drinking alcohol at all when you are breastfeeding.

If you are going to drink a small amount, have your drink after you have breastfed Baby, not before.

Having alcohol can affect how well you can care for Baby. If you are going to drink a lot, arrange for a person you can rely on to take care of Baby - like a grandmother or an auntie who doesn't drink. Give them formula to feed Baby.



*Don't breastfeed  
Baby until the  
alcohol has left  
your system.*

## *Marijuana (gunja, yarndi) and other illegal drugs*

*If Mum smokes yarndi while she is pregnant it can affect Baby:*

- Baby can have withdrawal symptoms as a newborn.
- As a small child, her sleep and memory can be affected.
- Baby can have problems learning to talk, and learning problems at school later in life.

*Don't smoke  
yarndi when you  
are pregnant.*

- Other illegal drugs can do a lot of damage to your baby as well.
- Baby can be born addicted to drugs and have life long problems.

## *Legal drugs can be harmful*

Ask your doctor before taking any medicine – even herbal medicine can hurt Baby.

*ALWAYS* tell your  
doctor that you  
are pregnant or  
breastfeeding.



**Queensland  
Government**  
Queensland **Health**

*Note: in this pamphlet we talk about Baby as 'she' but all the information in here also applies to boys!*

*For more information contact your local health worker or lactation consultant*