

# Being alcohol free is the best choice for me

- All alcohol a woman drinks while pregnant reaches the growing baby
- ANY alcohol drunk while pregnant carries the risk of affecting the baby's development
- The only way to remove this risk is to avoid drinking alcohol if you are trying for a baby or you are pregnant

For further information, please speak to your midwife or other health professional or read the government guidelines here:

[www.nhsggc.org.uk/lowriskdrinkingguidelines](http://www.nhsggc.org.uk/lowriskdrinkingguidelines)

**No Alcohol, No Alcohol Harm**

