

# STRONG BORN



**NO Grog DURING  
PREGNANCY IS BEST**



# GROWING STRONG BORN BABIES

Our bubs need us to love them and to make them feel safe and secure. From the beginning and when bubs are born, remember to stay strong, eat good tukka and connect to Country.

Your mob, community and health workers are here to help you while baby is growing and when they're born.





# WHAT HAPPENS WHEN YOU CHARGE UP WHILE PREGNANT?

When you are pregnant, people around you are still going to drink grog.

If it's really hard to stop, you can still yarn up and let people know. Yarn with Elders or community leaders, and your health worker. They can help you.

## NOT TRUE

**X** I can have one or two drinks during pregnancy and bub will be fine.

**X** If I drink while I'm pregnant my bub will have FASD.

**X** I can start drinking up when bub is born.

**X** Getting together is important and some mob might growl at me if I don't do what they do.

**X** All kids who muck up have FASD.

## TRUTH

**✓** No alcohol during pregnancy is best for bub and mum. It weakens your baby's mind, body and spirit. It can be different for each pregnancy.

**✓** Not all babies will get FASD, but they might if you charge up. Bub could also come too early or even pass. Not drinking is the safest way for you and bub.

**✓** If breastfeeding bub, they can get charged up too and get really crook.

**✓** We all love our babies and want them to grow up strong and be healthy. You can stand up for bub.

**✓** Not all kids who muck up have FASD. It's a disability and needs proper testing.





# WHAT is FASD?

Fetal Alcohol Spectrum Disorder (FASD) happens when bub is affected by grog before they are born.

It lasts their whole life and might see them not grow up like others, not understand what you say at times or learn like other kids. It is a disability and is often invisible and needs tests to see if they have it so we can get support for you and them.

## PHYSICAL

Sometimes little ones with FASD may be upset by loud noises, sudden movement and angry voices. They might find it hard to settle or go to sleep. As bub grows, it might be hard to run around like other kids.

LITTLE ONES MAY BE UPSET BY LOUD NOISES, SUDDEN MOVEMENT AND ANGRY VOICES



LITTLE ONES MAY HAVE SLEEP PROBLEMS

LITTLE ONES MIGHT FIND IT HARD TO SETTLE

Mob with FASD can get help from the local clinic.  
Have a yarn with your health worker.



# LEARNING

It could be harder for a kid with FASD to think or remember things, so they need people to be patient with them. They might find it hard in school and not do what they are asked to do. They might find it hard to follow rules, make good choices, and can end up in trouble.



MIGHT FIND IT HARD  
IN SCHOOL

EVERYDAY THINGS  
CAN BE HARD

HARD TO THINK AND  
REMEMBER THINGS

HARD TO DO AS  
THEY ARE TOLD

Mob with FASD need everyone to be patient with them and not get angry if they are playing up.

# SOCIAL AND EMOTIONAL



Sometimes mob with FASD feel overwhelmed and need extra support and may have mixed up feelings. They might be playing up at school and may end up in trouble. They can feel down and sad, worried all the time or find it hard to yarn with others.

Mob with FASD need you to be calm, listen and take time with them so they feel heard and understood.

# SPIRITUAL

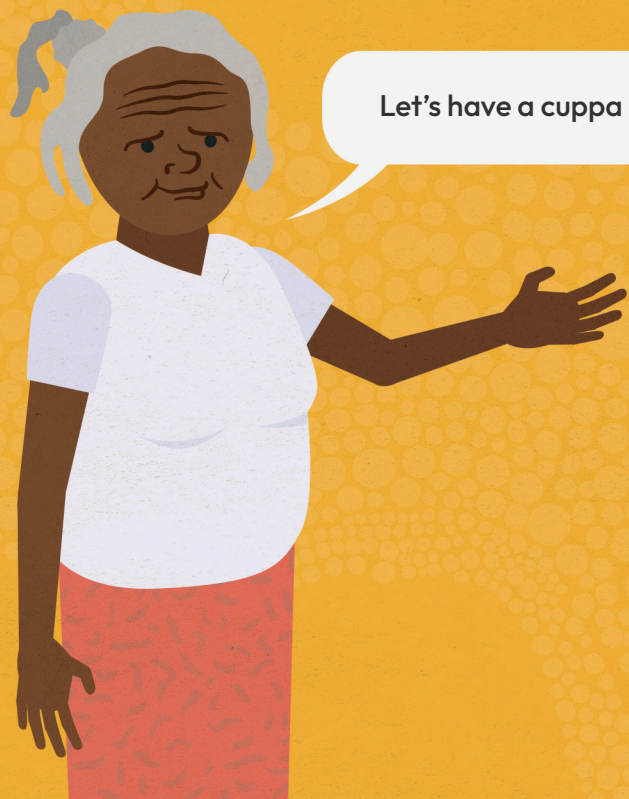
Some mob with FASD feel alone. They might find it hard to connect to mob and culture.



Mob with FASD might like you to take time to be with them during gatherings and ceremony and explain what is happening so they can take part.



# DON'T BE SHAME TO GET HELP



Let's have a cuppa and a yarn!

We all want strong healthy babies, our Elders can help you, be there to listen and go to appointments with you. Even if you just want to have a cuppa and a yarn.



Let's stay healthy together. While your partner is pregnant you can stop drinking too, encourage your family and friends to do it with you. Safe pregnancies are men's business too.

Stay strong, yarn up. We can all support mums and dads and families. Talk to the mob at the clinic, they can help you.





# WHAT SERVICES CAN HELP?



## Who could help you and your family while you're pregnant?

There are so many people who will help to keep you and bub strong and healthy while pregnant. Grog and pregnancy don't mix but if you find it hard to stop drinking you can yarn with your clinic mob.

Having a bub and dealing with life can be hard. Be kind to yourself and your loved ones. Work together to make small changes first for a healthy bub and family. Clinic mob want to help and yarn through what you need.



## Who can help if you are worried your child might have FASD?

Clinic mob can give you more information. It can help you, your child, and your family to find out about FASD so everyone can get the support they need to be strong, healthy and happy.

You and your child might be able to get help from the National Disability Insurance Scheme (NDIS). Ask clinic mob, or your Community Connector, about the NDIS. Your child will need to go through some tests but the clinic mob is here to support you.

You don't have to do everything all at once, you can reach out to your mob or people in the health clinic you trust who can give you more information and support.



This campaign is delivered by NACCHO and supported by the Foundation for Alcohol Research and Education and the Australian Government.



This resource was created in collaboration with:

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and First Nations Co.



FIRST NATIONS CO





Have a yarn with your health clinic.  
If there is an NDIS Community Connector  
in community, have a yarn up with them too.

For more information, visit [naccho.org.au/fasd](https://naccho.org.au/fasd)

NACCHO



National Aboriginal Community  
Controlled Health Organisation