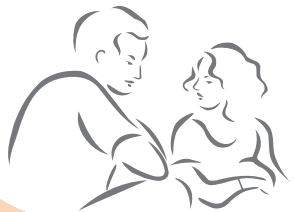


Plan to have alcohol-free fun.

The best time for a woman to stop drinking is before she gets pregnant. But helping your family member or friend stop now can still help her baby. And it will help her stop drinking if you curb your drinking, too. You can still enjoy a good time together.



- If it's pleasant, go for a walk and take along a picnic lunch.
- If it's chilly, treat yourselves to a movie and a pizza.
- Work out together at the gym or take a bike ride.
- Relax together, sharing a non-alcoholic drink such as seltzer and cranberry with lime.
- Support your effort by asking advice from family, friends, or co-workers.
- If you need more help, visit or call your local clinic or community center.
- By showing you care, you'll start being a good dad, family member, or close friend to a healthy baby and mother. You can be proud of giving loving support.



Help a family member or friend

Have a
healthy baby.
Be an
alcohol-free
mother-to-be.

Tips for Men

How to help your family member or friend be an alcohol-free mother-to-be.



