

#DRYMESTER

HELPING PARENTS-TO-BE GO ALCOHOL FREE



HELPFUL TIPS FOR #DRYMESTER SUCCESS

For more information visit www.drymester.org.uk



@DrymesterGMHSC



@drymester_gmhsc



GMCA GREATER
MANCHESTER
COMBINED
AUTHORITY

NHS

in Greater Manchester

HELP AND SUPPORT

We know going alcohol free isn't easy for everyone.

For additional advice:

- Contact your midwife or GP
- Visit our website www.drymester.org.uk for more tips and links to specialist services



1

Sign up to #DRYMESTER

Join a community of mums-to-be, their families and friends, who are going through the same journey as you. On the #DRYMESTER website, you'll find lots of resources to use during your pregnancy, as well as more information about the importance of staying alcohol free.

2

Plan ahead

...especially over the festive period. Don't forget to make family and friends aware that you are supporting #DRYMESTER and going alcohol free, as they may think it's OK to have an occasional drink. If you're feeling under pressure, show them the #DRYMESTER website, Facebook or Instagram to help us spread the word.

3

Get support

Encourage those around you to go alcohol free too. There are bound to be plenty of nights out over the next few months, so ask a friend or partner to join you for moral support.

4

Pregnancy planning

If you're planning on getting pregnant, avoiding alcohol can help improve fertility. If you're trying to conceive, you could already be pregnant, so the sooner you stop drinking the better for your baby! But don't panic – if you have any concerns, contact your midwife or GP, or visit our website for information on specialist support services.

5

Host an alcohol free event

Use the event pack on our website to help you host an alcohol free event for you and your friends. Staying sober doesn't mean you can't socialise and have fun. We have a selection of gorgeous mocktail recipes for you to try.

6

Stay healthy

If you like working out, don't stop just because you are pregnant. NHS advice states that keeping up your daily/weekly physical activity won't do you or your baby any harm; as long as you don't overdo it and feel comfortable exercising. There is evidence to suggest that women who stay active in pregnancy will have fewer problems in later pregnancy and labour.

7

Take up a new hobby

Look out for local clubs you could join or maybe make friends with some of the other parents-to-be at your ante-natal classes.

8

Alcohol free places

Meet up with friends in places where alcohol isn't served – you won't be tempted if it isn't available. Use your pregnancy to scope out places to meet once you have a newborn; cafes will be your best friend when you're arranging playdates.

9

Avoid salty foods

Avoid salty foods that will just make you thirstier and avoid foods that you associate with drinking. If you're partial to a bit of cheese and red wine, cut back on the cheese too, to make sure you aren't tempted to drink alcohol.

10

Enjoy being pregnant

Enjoy the miracle of being pregnant; you are growing a human, a mini-you. Nine months might seem a long time but it's such a small part of your journey together. Let's make it a healthy, alcohol free one.