

Alcohol in Pregnancy – The Facts and the Myths.

It's understandable that a woman who regularly drinks alcohol may want to continue drinking after they become pregnant, but it's important to be aware of the risks to your baby before you make the decision to drink alcohol.

Many women believe that they can drink alcohol safely during pregnancy as long as it's not too much... but that's simply not true.

The healthiest option is not to drink when you're pregnant.

The Risks

So drinking alcohol could put your baby at risk – but what does that mean?

- Birth defects, such as FASD (Foetal Alcohol Syndrome Disorder).
- Learning difficulties.
- Behavioural disorders.
- Problems with physical and emotional development.
- Miscarriage, stillbirth, premature birth and small birth weight are all associated with binge drinking – that means drinking the equivalent of three medium 175ml glasses of 13% wine or more in one night.
- You can find more information about the risks and FASD on the [NHS website](#).

How to enjoy your pregnancy without alcohol.

Pregnancy can be a wonderful time of your life as you look forward to the arrival of your new baby. You don't need alcohol to enjoy this time, there are lots of things to do such as enjoy a walk in the park, go shopping, visit a local city, meet a friend for lunch or take a trip to the cinema. Use this time to learn all about your growing baby and prepare your home for their arrival.

If you do find it hard without having a drink when you go out for dinner with friends, attend a wedding or have a night out with work colleagues think about having a nonalcoholic cocktail, beer or wine instead.

Here are some delicious alternatives to alcoholic drinks so you can still feel like you are joining in the party! (all recipes serves 2)

Pina Colada

Cup of ice, 300ml of pineapple juice, 125ml milk, 125ml double cream and 2 tablespoons white sugar.

Add all the ingredients in a blender (or a large jug and use a hand blender) and blend until smooth. Pour into a glass and if you like pop a slice of pineapple on the edge of the glass to serve.

Summer Berry Sling

4-6 strawberries, 10ml elderflower cordial, 10ml ginger syrup, 10ml lemon juice, 60ml cranberry juice, 60ml apple juice, 1 lemon slice and 1 strawberry to garnish

Mix and slightly crush the strawberries in a cocktail shaker, or a large container with a lid. Add the elderflower cordial, ginger syrup, lemon, cranberry, and apple juice. Cover and shake hard, then strain over ice cubes into a tall glass. Garnish with a slice of lemon and a strawberry.

Mockmopolitan

120ml cranberry juice, 60ml fresh lime juice, 300ml soda water, 2 Lime wedges for garnish, 8 cubes ice, caster sugar for frosting.

Chill 2 glasses in the fridge. Pour the ice into a shaker or tall glass and add the juices and soda. Cover and shake to combine. Run a lime wedge over the outside rim of the chilled glasses and dip the rims in the caster sugar. Pour the mixed drink into the chilled glasses and place a lime on the edge of the rim to serve.

Virgin Bellini

250ml chilled peach juice, 1 peach, 200ml chilled sparkling white grape juice, ice cubes/ crushed ice.

Pour your peach and sparkling grape juices into a jug and stir, slice your peach into 1cm thick slices and place into the glasses and pour in the mixed the juices. Add some ice to serve.