

Making sure medicine is safe

If you are taking medicine you must ask your doctor or health care worker if the medication is safe during pregnancy. Never take any prescription drugs that were not prescribed for you by your doctor. If you are buying medicine from the chemist tell them you are pregnant so that they can check if the medicine is safe for you and your baby to take.



Ways to keep you and your baby healthy



- Get regular check ups with your health care worker.
- Eat healthy tucker.
- Drink plenty of clean water.
- Get lots of rest and sleep.
- Get some exercise.
- Talk to your grannies, your mums, your aunties, your sisters, your cousins and your friends. Talk about babies and how to keep them strong and healthy.



Getting help for you and your baby



Sometimes women don't get help because they feel shame talking about their alcohol and other drug use. Aboriginal Alcohol and Drug Workers, Aboriginal Health Workers, doctors or other health professionals are concerned about you and your baby. They will not put you down. They want to help you and your baby stay strong and healthy. They can help you to stop or cut down your use in safe ways. They can talk to you about ways to help your baby grow strong. It may not be easy to make changes but your family, friends and other people in your community can help and support you.

ABORIGINAL SUPPORT SYSTEM



For more information and help

Local Contact



The Alcohol and Drug Information Service (ADIS)

ADIS can provide information about culturally secure alcohol and drug services in your area. They can also provide other information, counselling and advice for people concerned about their own or another's drug use. This is a 24-hour, statewide, confidential telephone service.

ADIS: 9442 5000 Toll free: 1800 198 024
E-mail: adis@health.wa.gov.au
Website: www.dao.health.wa.gov.au

The Parent Drug Information Service (PDIS)

Confidential telephone support, counselling, information and referral service for parents.
Telephone: 9442 5050
Toll free: 1800 653 203

Produced by the Aboriginal Alcohol and Other Drug Programs

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The Aboriginal Inner Spirit Model (Ngarlu Assessment Model) was developed by Joseph 'Nipper' Roe, who belonged to the Karajarri and Yawru people.
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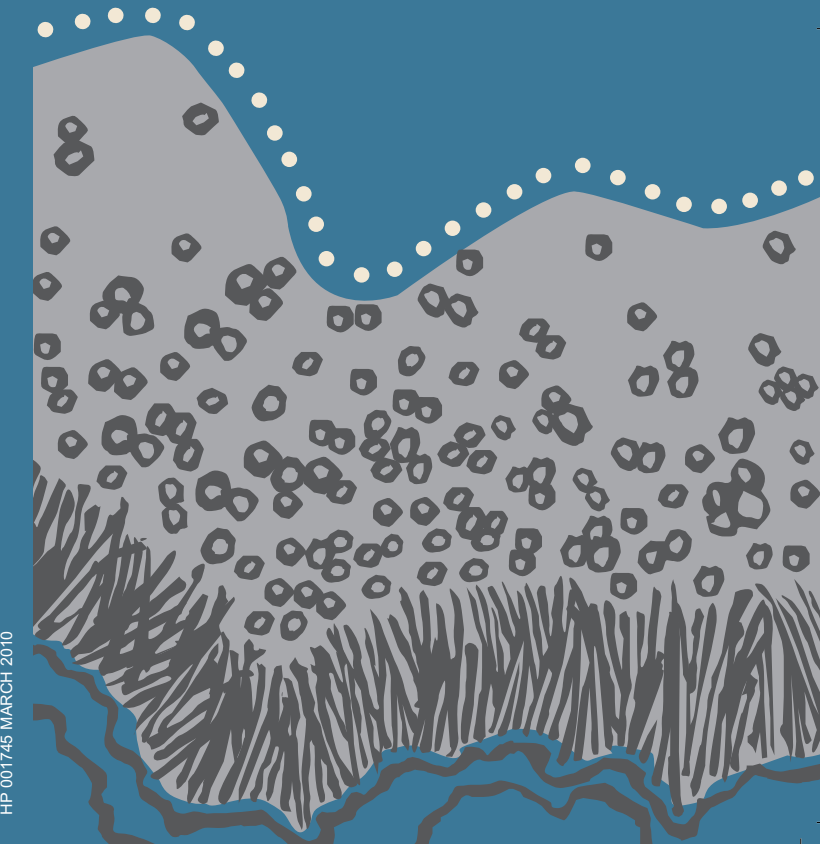
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Strong Spirit Strong Mind

Aboriginal Ways of Reducing Harm
From Alcohol and Other Drugs

Strong Babies



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ABORIGINAL INNER SPIRIT MODEL



Alcohol and other drugs can tangle your spirit and weaken your spirit and your connections with family, community and country

Our way of being healthy is to look after ourselves by making good choices, and to care for our family, community and culture. Alcohol and other drugs can tangle and weaken our spirit and mind. This can affect our emotional, social, spiritual and physical well being. This can weaken our connection to family, community, culture and country.



Our Inner Spirit is the centre of our being and emotions.

When our spirit feels strong our mind feels strong.

When our spirit feels tangled our mind feels tangled.

Strong Inner Spirit is what keeps people healthy and keeps them connected together.

Strong Inner Spirit keeps our family strong, our community strong and our country alive.

Using alcohol or other drugs while you are pregnant can harm your baby

Our children are our future.

Our children need to be born healthy so they can have a strong spirit and a strong mind.

Everyone wants to have a strong healthy baby.

There are some things that you can do to help your baby grow strong.



Stop using or cut down alcohol and other drugs

Cutting down or stopping drug and alcohol use is very important. When you use alcohol and other drugs so does your baby, even when you are breastfeeding. Your baby will get stoned or drunk just like you. Sometimes this can weaken their spirit, their mind and health. Sometimes this can be forever.

