



Australian Government  
Department of Health and Ageing

**If you are  
breastfeeding,  
the safest option  
is not to drink  
alcohol.**

For more information about alcohol and breastfeeding, call the 24-hour National Breastfeeding Helpline on 1800 MUM TO MUM (1800 686 2 686) or talk to your GP or Maternal and Child Health Nurse.

[www.alcohol.gov.au](http://www.alcohol.gov.au)