

**See below suggested text to post on social media with the graphics. If you have any queries, please contact** [**info@drymester.org.uk**](mailto:info@drymester.org.uk)**.**

Know the Expert Advice:

We’re joining Hertfordshire County Council and Essex County Council introducing the #DRYMESTER conversation to help reduce cases of FASD. When it comes to drinking alcohol during pregnancy, there’s NO SAFE TIME, NO SAFE AMOUNT 🤰🚫🍷  
Find out more here: [www.drymester.org.uk/he](http://www.drymester.org.uk/he)

FASD Prevalence:

FASD is a range of lifelong disabilities that can occur as a result of drinking alcohol during pregnancy and is entirely preventable. Spread the word and help reduce cases of FASD. When it comes to drinking alcohol during pregnancy, there’s NO SAFE TIME, NO SAFE AMOUNT 🤰🚫🍷  
Find out more here: [www.drymester.org.uk/he](http://www.drymester.org.uk/he)

No Safe Time, No Safe Amount

#DRYMESTER have created plenty of resources to talk about alcohol free pregnancies, not only to expectant mothers but to their families and friends, so you’ll be armed with all the information you need. When it comes to drinking alcohol during pregnancy, there’s NO SAFE TIME, NO SAFE AMOUNT 🤰🚫🍷  
Find out more here: [www.drymester.org.uk/he](http://www.drymester.org.uk/he)

Christmas Social Graphic

Make it easier for people choosing to be alcohol free this Christmas season and remember, when it comes to drinking alcohol during pregnancy, there's NO SAFE TIME, NO SAFE AMOUNT 🤰🚫🍷

For alcohol free alternatives to the typical festive drinks and plenty of other tips, visit [www.drymester.org.uk/he](http://www.drymester.org.uk/he)

Spread the word GIF

It’s estimated that 41% of pregnancies in the UK are alcohol exposed. We’re supporting #DRYMESTER and spreading the word, when it comes to drinking alcohol during pregnancy, there’s NO SAFE TIME, NO SAFE AMOUNT 🤰🚫🍷  
Find out more here: [www.drymester.org.uk/he](http://www.drymester.org.uk/he)

Phrases to avoid alcohol

Parties and social gatherings make it harder to avoid drinking alcohol when pregnant.

Whether you're pregnant and being encouraged to drink or you're pregnant and people don't know yet, here are some phrases for how to stay on course with #DRYMESTER when people are encouraging you to drink.

For helpful tips, resources and support services to go alcohol free during pregnancy, visit [www.drymester.org.uk/he](http://www.drymester.org.uk/he) and remember: NO SAFE TIME, NO SAFE AMOUNT 🤰🚫🍷

Christmas mocktails

Looking for alcohol free alternatives to the usual festive drinks this Christmas season? #DRYMESTER have plenty of delicious recipes for you to try.

Find out more here: [www.drymester.org.uk/he](http://www.drymester.org.uk/he) and remember, when it comes to drinking alcohol during pregnancy, there’s NO SAFE TIME, NO SAFE AMOUNT 🤰🚫🍷

How much alcohol is safe?

A common question asked is 'How much alcohol is safe to drink during pregnancy?', the simple answer is none to keep risks to babies to a minimum.

For helpful tips, resources and support services to go alcohol free during pregnancy, visit [www.drymester.org.uk/he](http://www.drymester.org.uk/he) and remember: NO SAFE TIME, NO SAFE AMOUNT 🤰🚫🍷

Support a parent-to-be

It’s known that parents-to-be are more likely to stay alcohol free during pregnancy if their partners, family members or friends support them in doing so. Your support can be a very important part of the pregnancy journey.   
#DRYMESTER have many resources to help you support a loved one go alcohol free, visit [www.drymester.org.uk/he](http://www.drymester.org.uk/he) and remember: NO SAFE TIME, NO SAFE AMOUNT 🤰🚫🍷