# "I thought it would be hard, but it was a positive thing for me to realise I didn’t need it"

*This story was first published on Every Moment Matters – Community Stories. You can read it*[*here.*](https://everymomentmatters.org.au/breannas-story/)

Mother-of-three Breanna McGuire had some odd cravings during pregnancy, but alcohol wasn’t one of them.

“Crumpets with corn relish, sandwich pickles on them with, like, lots of butter. Lots of butter on a crumpet with BBQ sauce. It’s so weird. I still like it now. I could easily eat one now,” she said, thinking back.

Reflecting on both the foods she craved and those she willingly gave up, Breanna said alcohol never really entered the equation.

**“I didn’t see it as a big deal because the health of my baby was number one. I’m Indigenous and have worked with kids who have Fetal Alcohol Spectrum Disorder (FASD), so I’m really aware of the importance of not drinking any alcohol while pregnant.”**

Breanna said having an alcohol-free pregnancy also made her realise she didn’t need alcohol to go out and have a good time.

“In a social setting, I did find it difficult in the beginning, especially being 18 when I fell pregnant with my eldest daughter but after probably a few weeks, to be honest, I realised it was actually really good for me.

“I used to think I needed alcohol to socialise, but with my last pregnancy I had my cousin’s wedding and hen’s day – I thought it would be hard, but it was a positive thing for me to realise I didn’t need it.

“Now I just have a soda water and lime if we’re out, or other drinks.”

Having an alcohol-free pregnancy is just one part of Breanna’s approach to ensuring her children don’t see drinking alcohol as the norm.

“I actually don’t really like having alcohol around my children,” she said. “My family has always had alcohol at every social event, but I don’t want my kids growing up thinking that’s normal.

“The thought of them seeing me or others drinking all the time just doesn’t sit well with me. It’s not what I want for them, and I think that makes my decision easier.”

*We regularly share stories like Breanna’s.*[*Sign up*](https://fare.org.au/voicesofchange/)*to receive these stories by email, or to share your own experiences with alcohol through our Voices of Change project.*