# "There could be greater awareness in the community about the affects of alcohol during pregnancy"

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

It takes a village to raise a child – and to support a woman during pregnancy. Partners, friends and family can all play an important role in helping someone to achieve an alcohol-free pregnancy.

In this video, Claire talks about how helpful it was to have the support of the people around her, and shares the activities she enjoyed during her pregnancy.

https://www.youtube.com/watch?v=4rl2uQGTmiI

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