# How Jenny found “clear and concise information” on alcohol during her pregnancy

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

Jenny stopped drinking alcohol before she started trying for a baby.

She knew it was the best choice for her health, and the health of her little one.

While most people were accepting of Jenny’s choice not to drink once she’d announced her pregnancy, Jenny said before the news was public, it was trickier.

For her, it highlighted the importance of finding clear information from trusted sources, such as a GP or obstetrician.

https://www.youtube.com/watch?v=a2fYCSUdJXA&list=PLA8tMmBiYsfSN1iXSucsZYtjqyjYfsCDV&index=7

Since the birth of her daughter, Jenny says it’s been a “whirlwind, but it’s brilliant”.

Jenny was aware of the risks alcohol posed to her baby’s health when breastfeeding, but it wasn’t until she started, that she realised how complicated it could be.

For Jenny, it wasn’t worth adding to an already hectic time in her life by drinking alcohol and ensuring she waited long enough before feeding her daughter.

https://www.youtube.com/watch?v=5NRae6it4ys

*If you have experiences to share – short or long – that can help people know they’re not alone, please share your story through our*[*Voices of Change project*](https://fare.org.au/voicesofchange/)*.*