



# YOUR BOORAI'S BREASTFEEDING SAFETY PLAN

It is best not to use drugs or alcohol when you are breastfeeding your boorai, but it is good to have a safety plan just in case.

Even if you are feeding your baby with infant formula, caring for a boorai when you have been using drugs and alcohol is not safe.

Good planning can be the key to having a healthy boorai and keeping your boorai safe.

If you are breastfeeding, you will need to wait at least 48 hours after using drugs before you breast feed your boorai.

If you are drinking alcohol, wait two hours for every drink of alcohol. It is best to feed your boorai **before** you take any alcohol or drugs.

In case you have a slip up, it is a good idea to think about your breastfeeding plan in advance.

## Think about:

When are you likely to use alcohol or drugs?

How can you feed your baby safely if you use alcohol or drugs?

Who will feed your baby if you use alcohol and drugs? Do you need to express and store milk in advance?

Do you know how to prepare infant formula? Do you have clean bottles and teats?

Who can you call on to look after your baby if you have taken alcohol or drugs?