

Reducing risks to your baby

- Don't drink alcohol if you are planning to have a baby or if there is a possibility you may fall pregnant.
- Don't drink alcohol when you are pregnant.
- Eat healthy foods.
- Don't smoke when you are pregnant.
- Go to the nearest health care centre if you think you may be pregnant.

**Now you know
this INFORMATION,
PLEASE TELL YOUR
FRIENDS AND FAMILY
ABOUT IT.**

Contact Details

Foundation for Alcohol Related Research (FARR)

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Fetal Alcohol Syndrome Information Centre (FASIC)

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FAS Prevention Study

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Health Promotion

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When a pregnant woman drinks alcohol she puts her unborn baby at risk



NO AMOUNT OF ALCOHOL IS SAFE DURING PREGNANCY



BETTER TOGETHER.

With thanks to Bolandoverberg learner for the artwork.

What is dangerous about alcohol?

- Alcohol is a powerful drug.
- Many people drink alcohol without knowing what it can do to their bodies.
- When people drink, they are taking risks with their own health.
- When a pregnant women drinks alcohol, she puts her unborn baby at risk.

Can all types of alcohol harm the baby?

Yes. Any and all forms of alcohol can cause birth defects:

Beer, wine, ciders, spirits, spirit coolers, milk stout, beer, vodka, gin, brandy, whisky, sherry.

**ALL FORMS OF ALCOHOL
CAN DO HARM.**

How much is too much?

**NO AMOUNT
OF ALCOHOL
IS SAFE DURING
PREGNANCY**

When a pregnant woman drinks alcohol...

Alcohol can damage her unborn baby. Here's how:

- When a pregnant women drinks, the alcohol goes into her blood stream.
- The blood carries the alcohol to the unborn baby.
- The alcohol can damage the unborn baby's growing body and brain.
- Alcohol can cause many types of birth defects.

Will alcohol always harm the baby?

- Alcohol can harm an unborn baby in different ways at different times during pregnancy.
- Alcohol can cause damage to the fetus, even before the woman knows she's pregnant.
- Alcohol can continue to harm the baby until birth.
- It is never too late to stop drinking.

What is Fetal Alcohol Syndrome?

Fetal Alcohol Syndrome is a group of birth defects caused by drinking alcohol when you are pregnant.

- The safest choice for your unborn baby is not to drink any alcohol when you are pregnant.
- If you need help to stop drinking, talk to your health care worker at your health care centre. He/she may have ways of helping you.