

ALCOHOL FREE PREGNANCY



HEALTHY BABY

HAPPY FAMILY

*If you already have a child with FAS
and continue to drink alcohol, you may
have another child with FAS*

Other places where people can get more
information on FAS and help if they are trying
to stop drinking:

- SANCA
PO Box 30622, Braamfontein, 2017
Tel: (011) 482-1070 / Fax: (011) 482-7187
- Regional Alcoholics Anonymous Groups
- Your local clinic



ALCOHOL CAN HARM YOUR UNBORN BABY

Building Better Health Together



Department of Health
Private Bag X828
PRETORIA
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PLAY IT SAFE WITH ALCOHOL



When the mother drinks the baby "drinks" too

Think before you drink

PROTECT YOUR UNBORN BABY FROM ALCOHOL

- Drinking alcohol during pregnancy may result in a child with Fetal Alcohol syndrome (FAS)
- Children with FAS
 - will have mental handicap
 - may be small for their age
- This may lead to problems with
 - learning at school
 - paying attention
 - carrying out simple tasks because alcohol affects the brain.

The effect of drinking alcohol during pregnancy has long lasting effects.

Think before you drink

RESPONSIBILITIES

WOMEN

- attend antenatal clinic as early as possible in your pregnancy
- If you are thinking of getting pregnant, or are pregnant, stop drinking. If you cannot stop, drink less. If you cannot stop drinking, contact your nearest clinic or doctor.***

MEN

- help pregnant partner
 - avoid alcohol
 - eat properly
 - reduce your own alcohol intake
 - give support to your partner
- If you cannot stop drinking, contact your nearest clinic or doctor.***

HEALTH CARE WORKERS

- inform families of the dangers of drinking during pregnancy
- give counselling and information
- refer patients for help

TEACHERS

- Recognise the child with learning difficulties
- Refer for appropriate educational intervention
- make students aware of the dangers of drinking during pregnancy

COMMUNITY

- Form support groups
- Take ownership of FAS prevention programmes
- Liaise with health care workers and educators
- Provide support and counselling to drinking women
- Participate in activities to reduce maternal drinking

***Pregnancy is special
Let's make it safe***

Think before you drink