

What is FASD?

Foetal Alcohol Spectrum Disorder (FASD) is a term given for a range of disabilities that can be caused when a baby is exposed to alcohol during pregnancy, this can include:

Physical Disabilities

Learning Disabilities

Behavioural Problems

A baby is fully developed by the end of the first trimester of pregnancy

FALSE

Important growth and development to the central nervous system and body continue throughout the 40 weeks of pregnancy

It is just heavy drinking that is the problem

FALSE

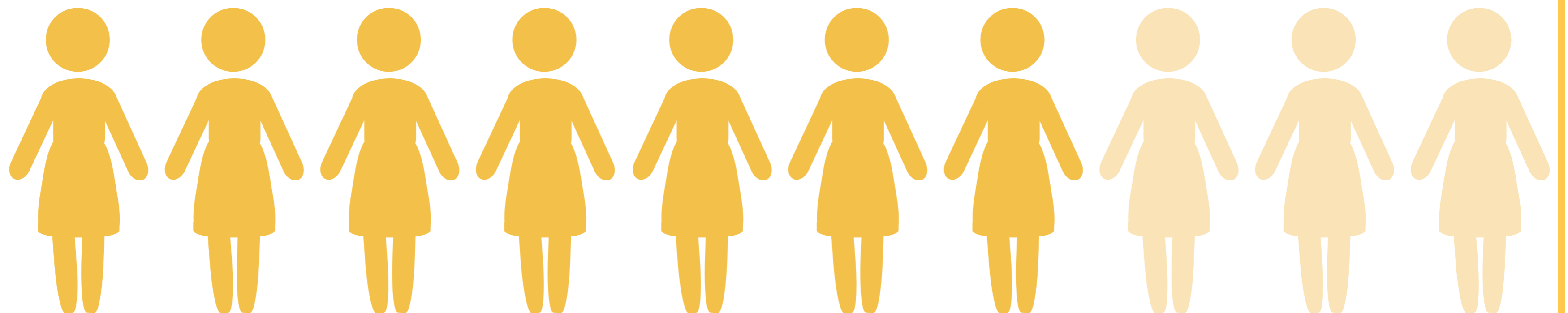
The only way to ensure no risk to your baby is by not drinking alcohol in pregnancy

Only a small amount of alcohol can pass to the baby

FALSE

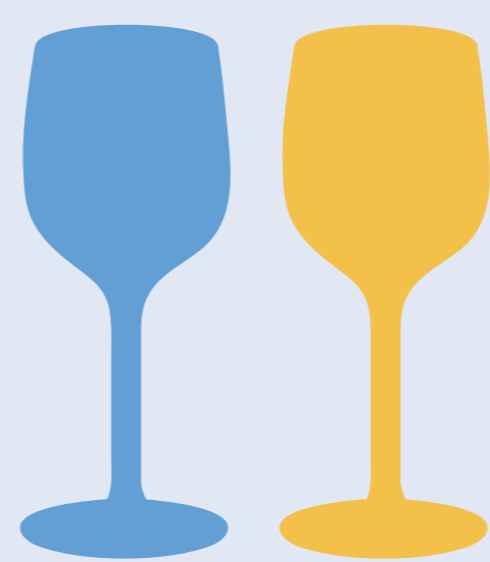
Alcohol passes freely through the placenta so what mum drinks, baby drinks

Surveys and research suggest the number of women drinking alcohol in pregnancy could be as high as 7 out of 10



FASD is permanent and there is no cure

FASD is **PREVENTABLE** - no alcohol, no risk



two glasses of wine counts as a **binge** (6+ units)



50%

of pregnancies are **unplanned** so women who drink **socially** can harm their baby before they realise they are pregnant

For more information about FASD please visit www.fasdnetwork.org
If you are concerned about your drinking talk to your GP, midwife or contact Lifeline Alcohol Support Services on 01642 625980

