

## For more information:

### FASD Network UK

Web: [www.fasdnetwork.org](http://www.fasdnetwork.org)

Email: [fasdnetwork@mail.com](mailto:fasdnetwork@mail.com)

24 hour confidential support line: 0808 163 9632

### Lifeline Project

Web: [www.lifeline.org.uk](http://www.lifeline.org.uk)

Email: [admin\\_stockton@lifeline.org.uk](mailto:admin_stockton@lifeline.org.uk)

Tel: 01642 625980

If you would like this information in any other language or format for example

**large print** or audio please contact 01642 527054

إذا كنت ترغب الحصول على هذه المعلومات بلغات أو بأشكال أخرى على سبيل المثال بالطبعة الكبيرة أو بالشريط المسجل فالرجاء الإتصال 'بدايفرستي تيم' على هاتف رقم

01642 527054

ARABIC

اگر شما این اطلاعات را به زبان یا شکل دیگری مثلا چاپ بزرگ یا بصورت صدا میخواهید لطفا با تیم دایورسیتی (گونگونی)

با شمار 01642 527054 به تماس شوید

FARSI

Si vous souhaitez obtenir ces informations dans d'autres langues ou sous un autre format, par exemple, en gros caractères / version audio, veuillez contacter l'équipe au n° 01642 527054

FRENCH

نه گهر جهزت لی به نهم زانیاریه به دهستت بکه ویت به زمانه کانی تر یان به شنبه به کی تر بو نمونه چاپی گه وره/یان به تیبی تومارکراو نکایه په یوه نندی بکه به 'تیمی دایفرستی'

له سهر ژماره ی نه له فون 01642 527054

KURDISH

欲要這份資訊的其它語言版或其它版式例如大字體印刷/錄音帶，請致電 01642 527054 接洽 '多元化隊'

CHINESE

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਖ਼ਬਰਤਰ ਜਾਂ ਖੋਲੀ ਵਿੱਚ, ਵੱਡੀ ਛਪਾਈ ਵਿੱਚ ਜਾਂ ਟੇਪ/ਸੀ ਡੀ 'ਤੇ ਚਾਹੋ ਤੇ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ

01642 527054 ਨੰਬਰ ਉੱਤੇ ਫ਼ੋਨ ਕਰੋ।

PUNJABI

اگر آپ ان معلومات کو کسی بھی اور زبان یا انداز، مثلاً بڑے پرنٹ/آڈیو ٹیپ وغیرہ میں حاصل کرنا چاہیں، تو 'ڈیفرسٹی ٹیم'

کو اس نمبر پر فون کیجئے 01642 527054

URDU

# Alcohol and pregnancy don't mix - know the risks



## Did you know that an unborn baby can be harmed by alcohol?

Alcohol is a poisonous substance to your baby. If you drink alcohol it passes through your bloodstream via the placenta and to your baby. There is no way to know for sure how much alcohol you can consume before it impacts on your unborn baby.

**Stockton-on-Tees Borough Council Public Health Team recommends the best and safest choice for you and your baby is to avoid alcohol, both during your pregnancy and when thinking about starting a family.**

**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. Drinking in pregnancy may cause your baby to have serious conditions including:

Learning Difficulties

Hyperactivity

Attention Issues

Behavioural Issues

Poor social skills and problem solving skills

Physical and growth defects

## Does alcohol affect breastfeeding?

Breastfeeding has many health benefits for both you and your baby. Anything you eat or drink while pregnant or breastfeeding can have an effect on your baby, including alcohol. Alcohol can pass through your breast milk in small amounts to your baby so express milk in advance or avoid breastfeeding for 2-3 hours after having an alcoholic drink.

## How can I avoid drinking alcohol throughout my pregnancy?

- Talk to your partner about the risks of alcohol in pregnancy and ask for them to actively support your decision not to drink
- Ask your partner to choose not to drink alcohol throughout your pregnancy
- Suggest that you meet friends or colleagues at a café rather than a bar
- Simply tell your friends that you are not drinking while you are pregnant
- To relieve stress - replace drinking with a relaxing bath, exercise, reading, music, walking or doing something else that you enjoy
- If you go to the pub to meet friends - try a non-alcoholic version of your favourite drink
- Be the designated driver on a night out so you have a reason not to drink

## What should I do if I am thinking about starting a family or have found out I am pregnant?

Eating a healthy varied diet, keeping active and avoiding alcohol will all help to give your baby a healthy start in life. For more information - please visit: [www.nhs.uk/conditions/pregnancy-and-baby](http://www.nhs.uk/conditions/pregnancy-and-baby)

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

FASD is permanent and there is no cure. However there are many things that parents/carers, teaching and health staff can do to help those with FASD achieve their full potential. If you want to know more about support for FASD - please visit: [www.fasdnetwork.org](http://www.fasdnetwork.org)

## Remember:

- It is best to avoid alcohol throughout your pregnancy
- If you have been drinking small amounts of alcohol, before you knew you were pregnant, the risk to your baby is low - talk to your midwife or GP if you do have concerns.
- It is never too late to stop drinking alcohol during your pregnancy
- If you find it hard to stop drinking alcohol, or are concerned about your drinking talk to your midwife, GP or Lifeline alcohol support services - 01642 625980 - who can provide you with additional support