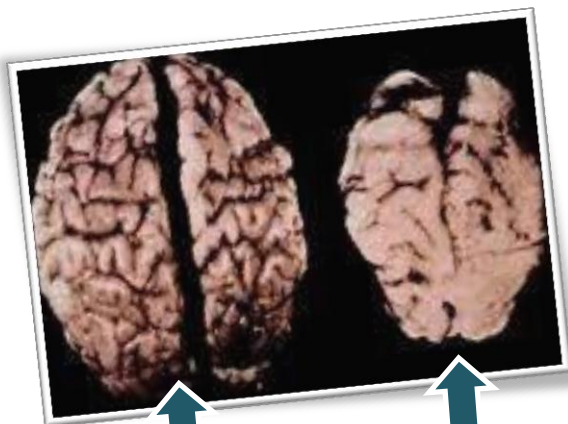


# NO BLAME NO SHAME

Is it safe to drink alcohol while I'm pregnant?

Alcohol is dangerous to unborn bubs; it can cause damage to their brain that is called Fetal Alcohol Spectrum Disorder.

This means that the bubs brain may not grow in the right way and this can cause problems when they get older.



A healthy normal baby's brain

A baby's brain damaged by alcohol



## Fetal Alcohol Disorders ASSOCIATION INC

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training outside the box

Do you need training on Fetal Alcohol Spectrum Disorder?

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## Russell Family Fetal Alcohol Disorders ASSOCIATION INC



Prepared as a community service by the Russell Family Fetal Alcohol Disorders Association and sponsored by -



# ALCOHOL CAN HARM AN UNBORN BABY

# What is Fetal Alcohol Spectrum Disorder?

## What is Fetal Alcohol Spectrum Disorder?

Fetal Alcohol Spectrum Disorder (FASD) is a disability that your un-born bub can get when you drink alcohol while you are pregnant.



## What sort of alcohol causes these problems?

All alcohol will cause these problems before your bub is born:

- Beer
- spirits (rum and scotch)
- mixed cans
- bottled wine and cask wine- all alcohol
- all Grog

## What sort of problems will grog cause?

If a child grows up with FASD they may have some problems such as:

- Your bub may cry all the time when they are small
- As your child grows they may have a learning disability meaning they may have problems learning at School with reading and writing because they cannot always remember what they learn
- Your child may be interested in sex at a young age
- As your child grows up they may get into trouble with the law because they do not know how to respond to Police
- As your child grows older they may suffer from Mental illness

However, if your child is identified or diagnosed by the Doctor as having FASD some of the problems /disabilities can be reduced through certain strategies.






## I didn't know I was pregnant and I have been drinking – what should I do?

If you have been drinking, even if you think it is a small amount you need to **stop now**.

The sooner you stop drinking the healthier your baby will be. You should talk to the nurse or the doctor.

## Where can I find out more?

Visit <http://rffada.org> for information on FASD, email [elizabeth@rffada.org](mailto:elizabeth@rffada.org), or talk to your doctor.

Website	<a href="http://rffada.org">http://rffada.org</a>
 Like	Russell Family Fetal Alcohol Disorders Association – open group
 Like	rffada – parents and carers closed group
 Like	rffada – living with FASD closed group for people with FASD



**NO** alcohol is the safest choice for baby