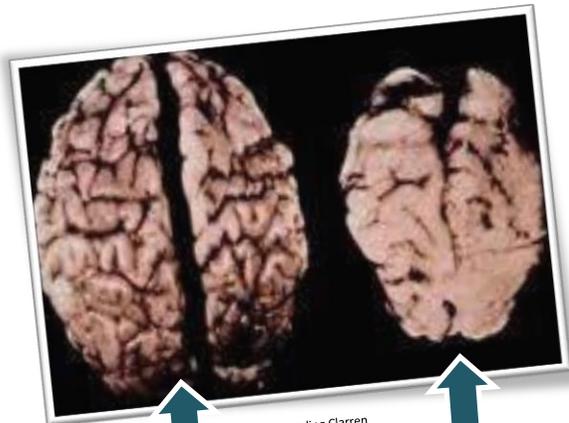


GROG CAN HARM AN UNBORN BABY

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

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

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



A healthy baby's brain

A baby's brain damaged by alcohol

Russell Family



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

What is Fetal Alcohol Spectrum Disorder?

By telling another person about the things in this brochure, you could be saving a life

What is Fetal Alcohol Spectrum Disorder?

Fetal Alcohol Spectrum Disorder (FASD) is a disability that your un-born baby can get when you drink any grog at all while you are pregnant.



What sort of grog causes these problems?

All alcohol will cause these problems if mum drinks before 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?

When you are pregnant, grog is very bad for your baby. It can cross the placenta. When you drink grog the baby you are carrying drinks more.

Grog can make your baby come earlier, be smaller, and not have good brain development.

Not good brain development can make your little one hard to grow up, they play up, not do well at school, light fires, get into trouble, act out sexual things, steal and fight and end up in court or jail.

Your little one deserves the best start in life.

Planning for pregnancy is best for you, your partner, and your little one.

No grog, smoking or yarndi is the way to go before you even get pregnant.



I didn't know I was pregnant and have been drinking – what do 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 www.rffada.org for information on FASD, email elizabeth@rffada.org, or talk to the people on the FaceBook groups below.

Website	www.rffada.org
 Like	Russell Family Fetal Alcohol Disorders Association –group
 Like	rffada – parents and carers group
 Like	rffada – living with FASD
 Like	rffada – WA FASD Support Group
 Like	Queensland FASD Support Group



NO alcohol is the safest choice for baby