

**RUSSELL FAMILY FETAL ALCOHOL DISORDERS ASSOCIATION INC**  
For comment contact Anne Russell on 0412550540 or  
elizabeth@rffada.org

Sadly the “low alcohol / no harm in pregnancy story is again circulating”.

Unfortunately the challenges of providing the general public with the most accurate and ethical information about alcohol and pregnancy will never go away.

The rffada has sought the advice of colleagues overseas on the latest research to come from Europe and NOFAS – UK have offered this information.

<sup>1</sup>This is what everyone should know about the misleading headlines: ***Moderate alcohol drinking safe for pregnant women, study finds:***

1. The study only looked at children up to age 5 and a large percentage of children don't start showing signs of foetal alcohol harm until age 7. The UK FASD Clinic set up by Dr Raja Mukherjee won't accept a child for diagnosis for FASD behaviours, learning difficulties, etc until age 6.
2. The study was specifically for motor skills and not the whole spectrum of learning and behaviour Alcohol Related Neurodevelopment Disorders.
3. Let us not forget no matter what the message in the media might be, alcohol is a teratogen – a substance that causes birth defects. If the aim is to have a healthy baby just a little bit of thalidomide wouldn't do. A little bit of mercury once a week would not be recommended. No matter what is being said or what research comes out, alcohol in any amount is dangerous to the long-term health of any child.

The Russell Family Fetal Alcohol Disorders Association recommends that pregnant woman avoid alcohol as it is harmful to their baby.

We don't want to alarm the public. Not all pregnant women who drink will affect their child.

We always recommend abstinence because there is no way to predict who is vulnerable and which children may be born with alcohol related problems which will last a lifetime.

We must be confident, evidence based, informative and vigilant for the health of future generations.

---

<sup>1</sup> Susan Fleisher | Executive Director | NOFAS-UK / National Organisation for Fetal Alcohol Syndrome | 165 Beaufort Park | London NW11 6DA | England | Tel: 020 8458 5951 x 2 | Fax: 020 8209 3296 | [Susan.Fleisher@nofas-uk.org](mailto:Susan.Fleisher@nofas-uk.org) | website: [www.nofas-uk.org](http://www.nofas-uk.org) | Charity No. 1101935 | NOFAS-UK working in partnership with Mencap