

Alcohol and Pregnancy

What you need to know

50%
of pregnancies

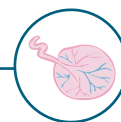


in Australia are **unplanned**

Alcohol is a toxin



Alcohol interrupts the **normal development of the baby** including the **brain and organs**



Alcohol crosses the **placenta**



Because the liver of the developing baby is not fully formed until late in pregnancy, **the baby has the same or even higher blood alcohol content as the mother** and it remains at that level longer



NO **SAFE TIME ...**
SAFE AMOUNT ...

No amount of alcohol at any time during pregnancy is guaranteed to be completely 'safe' or 'risk free' for the developing baby.

What are the **risks of drinking alcohol during pregnancy?**



Fetal Alcohol Spectrum Disorder (FASD)

is a diagnostic term for severe neurodevelopmental impairments that result from **brain damage** caused by **alcohol exposure before birth**. These may include difficulties with language, memory, social interactions and behaviour.



Tips for a healthy pregnancy

- ⊗ No alcohol
- ⊗ No smoking or illicit drugs
- ✓ Limited caffeine
- ✓ Healthy diet
- ✓ Folate and iron supplements
- ✓ Regular exercise
- ✓ Adequate sleep
- ✓ Avoid environmental toxins such as pesticides



If you have any concerns or need help with any of these factors talk to your **GP, midwife or obstetrician**

Effects may not be seen at birth

People with FASD have **strengths and difficulties**

FASD has **lifelong consequences**

Some people with FASD will have **distinctive facial features** but most do not

All people with FASD will have **damage to different parts of the brain**

Some people with FASD will have **birth defects**

You can make a difference



Talk to your friends and family about alcohol use during pregnancy
Support a pregnant woman to not drink alcohol