

**Fetal Alcohol Spectrum Disorder (FASD) are life-long conditions and difficulties include:**

- Permanent brain damage
- Small head, limb and skeletal damage
- Heart problems
- Kidney damage
- Eye problems
- Hearing problems
- Specific facial abnormalities
- Learning and remembering
- Understanding and following directions
- Shifting attention
- Controlling emotions and impulsivity
- Communicating and socialising
- Practicing daily life skills; feeding, bathing, counting money, telling time and minding personal safety.

**Have a healthy Baby  
Be an alcohol-free mother-to-be**

If you have any concerns or questions regarding alcohol use during pregnancy please consult your doctor or midwife.

For further information about FASD please visit [www.fasdtrust.co.uk](http://www.fasdtrust.co.uk)

For further information about adult alcohol services in Cambridgeshire please visit [www.cambsdaat.org](http://www.cambsdaat.org)



**Give your baby the best possible start...**



**Information about the harms caused by drinking alcohol during pregnancy.**



## Alcohol during Pregnancy

Pregnancy can be a very confusing time with different messages about the best way to keep you and your baby safe.

With regard to drinking alcohol, extensive research suggests that it is better to avoid alcohol at all stages of pregnancy.

This leaflet will provide you with all the information you need to know to give your baby the best possible start.



There is:

**NO** known safe amount

**NO** known safe time

**NO** safe type of alcohol

If you drink whilst pregnant  
your baby is at risk

Alcohol is one of the most toxic substances that can impact on the development of your unborn baby.

Alcohol consumption during pregnancy may result in permanent damage to brain development in the unborn child. This can then lead to learning and behavioural difficulties for your child in the future.

Miscarriage, stillbirth, premature birth and small birth weight are all associated with a mother's drinking during pregnancy.



## How can alcohol damage your unborn baby?

When you drink alcohol during pregnancy the alcohol transfers to your baby's placenta via the bloodstream. Your baby's liver is not fully formed so cannot process alcohol to get it out of his or her system in the same way as an adult can.



## Fetal Alcohol Spectrum Disorder

If you choose to drink alcohol during your pregnancy your baby may develop Fetal Alcohol Spectrum Disorder (FASD).

This is the medical term for all alcohol related birth defects.