



WHO DRINKS DURING PREGNANCY?

ANYONE INCLUDING...

- Light/moderate/heavy drinkers
- Higher income, higher education, over 30, successful
- Women exposed to poverty and isolation
- Multiple drug users and alcoholics
- Victims of violence (childhood, domestic)

YOU MAY BE PREGNANT AND NOT EVEN KNOW IT!

You may not know you're pregnant until the second trimester (4th month of pregnancy.)

The first three months is a time where pregnancy may go unnoticed. In this time, a woman may still be drinking.

WHAT IF MY PARTNER OR I GET PREGNANT?

Prenatal Care = Healthier Pregnancies
Talk to your doctor!

Some women may need support to stop drinking if they plan to become pregnant now or in the future.

WHAT ABOUT THE GUYS? OR FUTURE DADS?

When a father drinks, he influences the mother's drinking.

Women most often drink with their partners.

Men who drink heavily are unlikely to provide the necessary emotional support and care during pregnancy.

A man's drinking after the baby is born, could impact the child in a negative way.

The effects of alcohol on your baby **can happen** at any time of the pregnancy.

Alcohol is a **teratogen**, affecting the size of the brain, the forming of brain structures, and how the brain and body functions after the baby is born.

FASD is a permanent, lifelong disorder that is often invisible. Having a child with FASD can be very challenging.

Some challenges for people with FASD may include attention, language, adaptive behavior (life skills), reasoning, memory, executive functioning, regulation of body functions and sensory issues.

Drinking can be harmful at any point during pregnancy and can result in lifelong disabilities for the child.