

Alcohol and Pregnancy

What you need to know

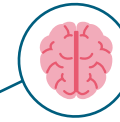
50%

of pregnancies

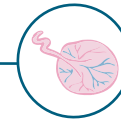


in Australia are **unplanned**

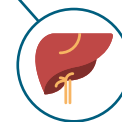
Alcohol is a toxin



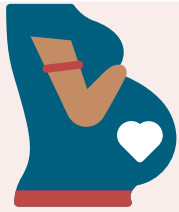
Alcohol interrupts the normal development of the baby including the brain and organs



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