

# WHAT IS FASD?

## what it is

Fetal Alcohol Spectrum Disorder is

- ↑ physical & mental damage caused by alcohol consumption, in any amount, during pregnancy
- ↑ an invisible disability

↑ babies born with FASD may have permanent

brain damage that results in:

- vision & hearing problems
- learning difficulties
- poor judgement & impulse control
- difficulty with reasoning & understanding consequences
- memory problems & more...
- difficulty paying attention

## some facts

50% of women do not know they are pregnant for 6-8 weeks...if you consume alcohol, FASD can occur

exactly how much alcohol it takes to harm a baby is not known, so it's best not to drink at all

toxins from alcohol, tobacco, marijuana & hard drugs are consumed by the baby when you are pregnant and even through breast milk

## what can you do

- An alcohol free environment is best.
- Support women during their pregnancy- Fathers, Friends & Family- Don't drink alcohol.