



# Fetal Alcohol Spectrum Disorder

## FACTS Sheet

### Pregnant Planning or Could Be – No Alcohol is the Safest Choice

- No amount of alcohol use is known to be safe for a developing baby before birth.
- Exposure to alcohol from all types of beverages, including beer and wine, poses a risk to developing babies at every stage of pregnancy.
- A developing baby is exposed to the same concentration of alcohol as the mother during pregnancy.
- Avoiding all alcohol while pregnant will guarantee that a child will not develop a FASD.
- FASD-related difficulties last a lifetime.
- About half of the pregnancies in Australia are unplanned.
- A woman may not realize she is pregnant for 4 to 6 weeks or longer and expose her baby to alcohol before the pregnancy is identified.
- Make a plan for a healthy baby - don't drink any alcohol if you are pregnant or could become pregnant.
- If you become pregnant, stop drinking alcohol. Every day matters. The sooner you stop drinking, the better for your baby. If you need help stopping, talk to your doctor, seek confidential advice from NOFASD Australia or other relevant services.

