

If you know someone who is pregnant or has recently given birth

HAVE YOU ASKED: HOW'S MOM? ALCOHOL USE

Drinking alcohol when a mom is pregnant can hurt the baby. Staying away from alcohol helps keep both mom and baby safe and healthy.



What is Fetal Alcohol Syndrome (FAS)?

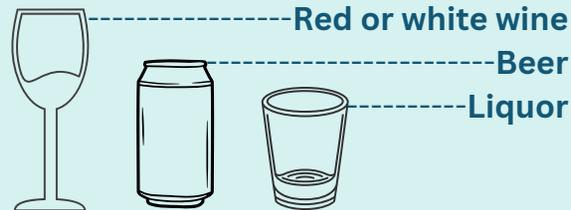
Fetal Alcohol Syndrome is the most common type of Fetal Alcohol Spectrum Disorder (FASD). FASD happens when a baby is exposed to alcohol before birth.

It can cause problems with how a child's body grows, how they act, and how they think or learn. These problems can show up at any time during childhood and can last a person's whole life. FASD affects about 1 to 5 out of every 100 first graders.

Is any amount of alcohol safe during pregnancy?

Drinking alcohol while pregnant can be harmful to the baby. There is no safe amount of alcohol to drink during pregnancy.

All types of alcohol can be harmful including:



There is **no safe time** during pregnancy to drink

~~1ST~~ ~~2ND~~ ~~3RD~~ **Trimester**

How does alcohol affect the baby's birth and health?

Alcohol is a poison to a growing baby.

When someone drinks alcohol during pregnancy, it can cause:

- Problems with learning and behavior
- Physical birth defects
- Sudden Infant Death Syndrome (SIDS)
- Babies being born too early or stillborn
- Babies who are smaller and grow more slowly before and after birth

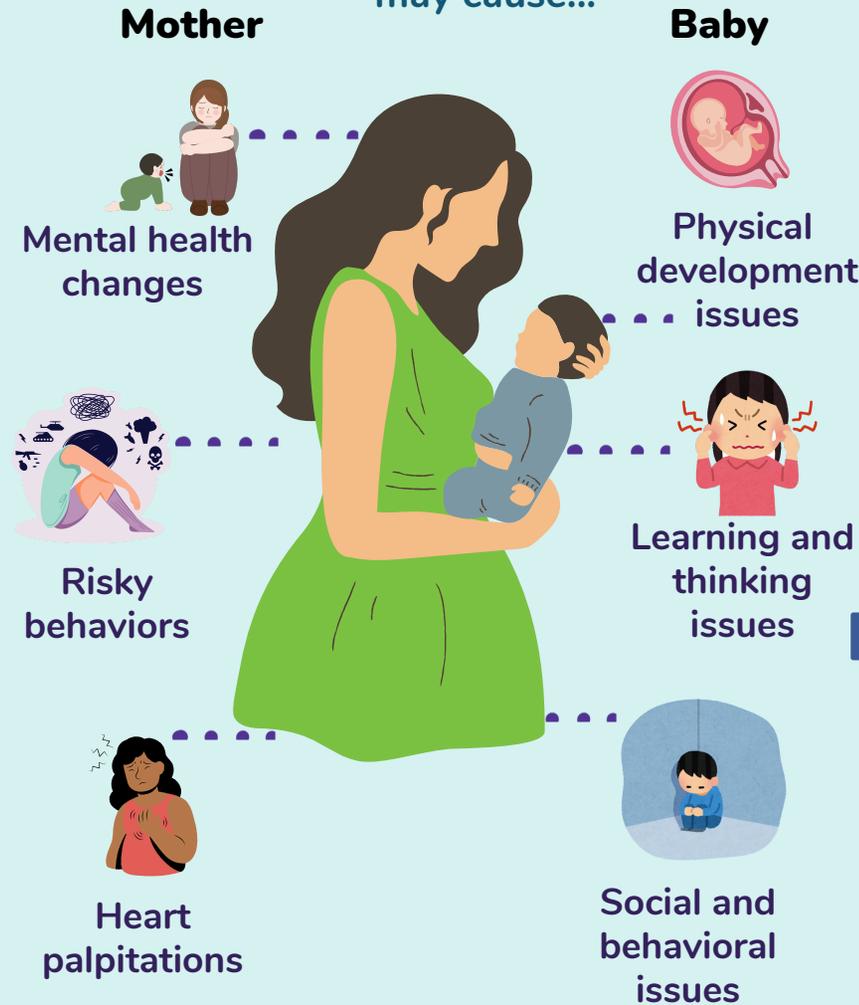
About 4 out of 10 pregnant women who say they drink alcohol also use other substances, like tobacco or marijuana.

Drinking alcohol while pregnant is a leading cause of birth defects in babies.

Tips to Stay Healthy and Safe

- Find people who will support you.
- Bring non-alcoholic drinks to parties.
- Try drinks that taste like other favorite ones but have no alcohol.
- Spend time in places where drinking is not common.
- Remember why staying alcohol-free is important for mom and baby.
- Ask friends and family for help.
- Do fun activities that don't involve alcohol.
- Go to all doctor visits, drink water, exercise, and take daily vitamins.
- Attend Alcoholics Anonymous (AA) or join a local recovery group.
- Ask a doula or support person to help through the pregnancy.
- Learn about safe sleep for the baby and make a sleep plan.

Alcohol use during pregnancy may cause...



If alcohol use during pregnancy is affecting a person you love, call a doctor and seek help. If they feel like they're not getting enough support, look at the possibility of other options!



Remember that whether a person is drinking alcohol or not, their health and pregnancy matter!

TALK ABOUT IT! YOU ARE NOT ALONE!



Many people use alcohol and find it hard to stop. It can feel scary to talk about it, but you don't have to hide. There are safe and trusted people who can help and support you.

Find community initiatives at:

www.browardhsc.org

@browardhsc

@browardhealthystart

@browardhealthystartcoalition

Phone Number:

(954) 567-7174

Get Help. Access Substance Use and Mental Health Services to know how!



National Suicide Prevention Hotline
Call 988

HRSA National Maternal Mental Health Hotline
1-800-TLC-MAMA

Centers for Disease Control and Prevention. (2024b, September 6). About fetal alcohol spectrum disorders (fasds). Centers for Disease Control and Prevention. <https://www.cdc.gov/fasd/about/index.html>

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U.S. Department of Health and Human Services. (2023, August). Understanding fetal alcohol spectrum disorders. National Institute on Alcohol Abuse and Alcoholism. <https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/understanding-fetal-alcohol-spectrum-disorders>

Tips for an alcohol-free pregnancy. Tommy's. Together, for every baby. (2024, August 2). <https://www.tommys.org/pregnancy-information/im-pregnant/alcohol-in-pregnancy/tips-alcohol-free-pregnancy>