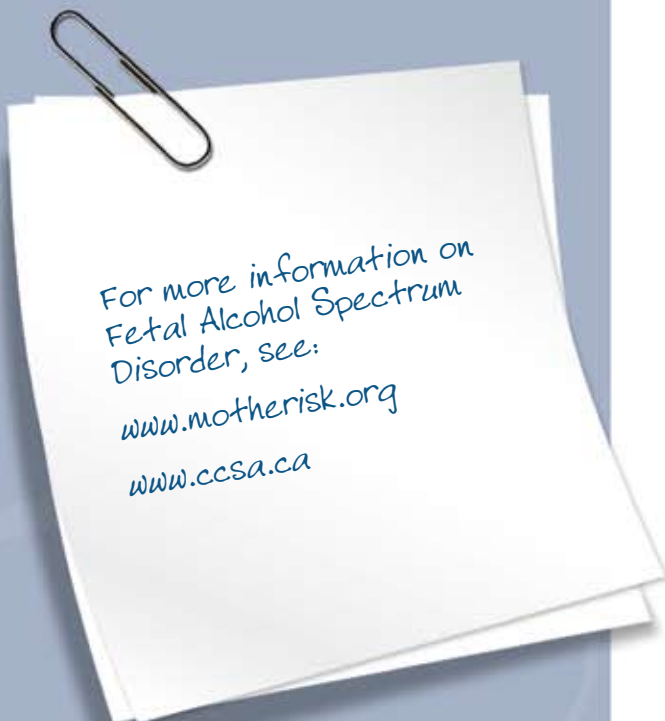




FASD can have life long effects. With support and information expecting mothers and fathers can take the necessary precautions with alcohol and drugs.



Help for

Fetal Alcohol Spectrum Disorder

Fetal Alcohol Spectrum Disorder includes Fetal Alcohol Syndrome, Fetal Alcohol Effects, Alcohol Related Neurodevelopment Disorders. FASD is the term used to represent all the harmful effects of alcohol on the unborn child.

The fetus is growing all through the pregnancy. Alcohol can damage the fetus at any stage of pregnancy. The amount and area of the brain damage depends on how much and how often the mother drinks, and what stage of the pregnancy that she drinks in.

Things To Think About/Do:

Can I drink alcohol if I am pregnant?

No one knows for sure how much alcohol is safe for a pregnant woman to drink or how much alcohol it takes to harm an unborn baby. Drinking alcohol during pregnancy can cause permanent birth defects and brain damage to the baby.

Is there a safe time to drink when I am pregnant?

To help your baby be as healthy as possible, stop drinking alcohol. The safest time to stop drinking is before you get pregnant.

What if I had a couple of drinks before I knew that I was pregnant?

Many pregnancies are not planned. Having a small amount of alcohol before you knew you were pregnant is not likely to harm your baby. You can help your baby by stopping drinking.

Are some types of alcohol less harmful?

Any type of alcohol can harm your baby (e.g. beer, coolers, wine, or spirits).

Most doctors, health care providers, and researchers agree it's safest not to drink if you are pregnant or thinking about becoming pregnant.



Help for

Fetal Alcohol Spectrum Disorder



Children born with Fetal Alcohol Spectrum Disorder may have:

- Brain damage
- Bones, limbs and fingers that are not formed properly
- Heart, kidney, liver, and other organ damage
- Slow growth
- Have trouble controlling behaviour
- Have attention and memory difficulties
- Have problems seeing and hearing
- Have problems eating and sleeping
- Have poor problem solving skills
- Need medical care all their lives
- Need special teachers and schools
- Display poor judgment
- Have difficulty learning from consequences
- Have certain facial characteristics

FASD is permanent brain damage. Every child affected with FASD is different and has his or her own unique strengths and challenges.

Children and youth with FASD need to know and feel that it's okay to talk about their disability. Keep the communication open and encourage your child to be open with others.

You know your child best and therefore are your child's best advocate. Interview your child's teachers and other professionals, find out if they are FASD-friendly. If you think the professionals are not helping your child, do not be afraid to get a second opinion. Try your best to develop a relationship with professionals in your child's life.

Where to Find Help

NorWest Community Health Centres 622-8235
525 Simpson St.
www.norwestchc.org

Fetal Alcohol Support and Information Network (Murillo) 807- 935 -3168

Motherisk 1-877-FAS-INFO
www.motherisk.org 1-877-327-4636

Canadian Centre on Substance Abuse 613- 235-4048
www.ccsa.ca



www.norwestchc.org • 1-866-357-5454 (toll free)