

TS trouble du spectre de l'alcoolisation fœtale

en parler pour mieux agir



ASPQ
ASSOCIATION POUR LA SANTÉ
PUBLIQUE DU QUÉBEC

What is Fetal Alcohol Spectrum Disorder (FASD)?

FASD is the result of fetal exposure to alcohol. It can cause deformities, development problems and intellectual deficit in children.

FASD is

- Difficult to diagnose
- Misunderstood
- Often confused with other diagnoses, such as oppositional disorder or attention deficit disorder with or without hyperactivity (ADHD)
- **Avoidable**

Choose non-alcoholic drinks during pregnancy!

Alcohol crosses the placenta and is toxic for the fetus. The effects are unpredictable and permanent. No quantity or type of alcohol is risk-free.

The effects of prenatal exposure to alcohol also vary from one person to another, as they depend on the genetics of the mother, her health, nutrition, stage of pregnancy and the genetic makeup of the child: several [sic]

This is why experts
recommend avoiding
all alcohol during
pregnancy.

To better understand the impacts of alcohol on the unborn child and to learn about alternatives and resources, visit grossessesansalcool.ca.



Non-alcoholic drinks

At a party, ask the host for a non-alcoholic drink option, or bring your own.

There are many non-alcoholic drink options:

- Flat, carbonated or flavoured water
- Mocktails
- Tea, decaffeinated hot or cold coffee
- Non-alcoholic beer or wine with (check the label).

Flavoured water: endless possibilities

Flavoured water could be an interesting alternative to vary your options. Depending on your taste and what you want at the time, there is a wide variety of flavours to try that are tasty and healthy. Some ideas:

- Pineapple and rosemary
- Cucumber and mint
- Fresh ginger

For more ideas, check out: <https://soifdesante.ca/en/home>



Friends and allies to support you

- About **1 pregnant woman in 7** is offered alcohol during her pregnancy.
- Some pregnant women are more likely to continue to drink when their partner drinks.
- **Social pressure**, which may be present during social events (e.g. a night out with friends, holidays, etc.) is one of the reasons often mentioned in explaining the difficulty of not drinking during pregnancy.

Loved ones can help by:

- Proposing **alternatives** to alcohol such as flavoured water, mocktails, etc.
- Encouraging **zero alcohol during pregnancy**, while recognizing that it may be difficult for some to not drink for several months
- Stopping or reducing their drinking in your presence.

Also, even if drinking is not addressed **during pregnancy appointments**, don't hesitate to raise the subject with **your health professionals**. Abstaining from alcohol may be easy at first but could become more difficult over time or you may be uncomfortable talking about it with loved ones. Your health professionals care about you and your baby and can listen and help.

What about cannabis?

Fetal alcohol spectrum disorder only results from consuming alcohol. However, other substances may also affect the health and development of the fetus and child, including **cannabis**.

To learn more, see our post on, **Cannabis, pregnancy and breastfeeding: What we know**



Need help?

If you have questions or would like help with your drinking or other substance use, there are many resources available that will not judge you.

To learn more, visit

<https://fasd-alcoholfreepregnancy.ca>

Don't hesitate! You and your baby matter.