



Charly has a hard time making friends.

Drinking alcohol during pregnancy can cause relational problems in children. Pregnancy lasts for nine months, but the effects of prenatal alcohol exposure can last a lifetime.

During pregnancy, go alcohol free.

 [alcohol_free_pregnancy](#)

 **ASPQ**
ASSOCIATION POUR LA SANTÉ
PUBLIQUE DU QUÉBEC

FA fetal
SD alcohol
spectrum
disorders
talk about it for better action