

FA fetal SD alcohol SD spectrum disorders

talk about it for better action



What is fetal alcohol spectrum disorder (FASD)?

Drinking alcohol during pregnancy can cause FASD, which can manifest itself through:

- Birth defects,
- Intellectual disability
- Developmental disorders (e.g.: language, attention and learning disorders),

The effects of alcohol on the unborn baby are **unpredictable**, **variable** and **lifelong**. The impacts of alcohol consumption are influenced by various factors, including genetic factors, health factors, nutrition, the quantity of alcohol consumed and the stage of pregnancy at the time of consumption. However, there is no time or context where drinking alcohol is safe.

Support is important!

1 in 3 women are offered alcohol during their pregnancy

Loved ones can support your choice to drink alcohol-free during pregnancy by:

- Not offering you alcohol
- Proposing alcohol-free drinks and social activities
- Stopping or reducing their alcohol consumption in your presence, if seeing people drinking makes it more difficult for you.

Do not hesitate to express your challenges and your need for support throughout your pregnancy.

What about cannabis?

FASD is only caused by alcohol consumption during pregnancy. Other substances can have effects on the health and development of the unborn baby.

To find out more, consult our factsheet **Cannabis, pregnancy and breastfeeding: what we know**



Drinking alcohol-free

Beer, cocktails, spirits, sparkling wine, wine... all forms of alcohol are toxic for the unborn baby.

Non-alcoholic drink ideas

- Natural or sparkling water, water flavoured with fruits or herbs
- Tea or coffee, hot or cold, in moderate quantities or decaffeinated
- Ginger, rosehip and citrus-based herbal tea*
- Milk and vegetal drinks
- Mocktails and vegetable juice
- Alcohol-free (0 %) beer or wine

**Some herbal teas should be avoided, because they contain plants that can affect pregnancy*

For more information and resources on the effects of alcohol on the unborn baby, visit fasd-alcoholfreepregnancy.ca



It is recommended to avoid consuming any type of alcohol during pregnancy.

Do you have questions? Need help?

Talk to a professional or visit

fasd-alcoholfreepregnancy.ca.

