

Alcohol and pregnancy:

How alcohol and other drug workers can help

If women are alcohol dependent, they need a lot of reassurance and non-judgmental support to stop drinking when pregnant. The earlier the support, the better the outcomes for mum and baby.

Alcohol passes directly to the developing baby at **every** stage of pregnancy and can damage their brain, body, and organs.

Alcohol use during pregnancy can:

- increase the risk of miscarriage, stillbirth, premature birth, or low birth weight
- lead to a preventable disability known as Fetal Alcohol Spectrum Disorder (FASD).

The risk of harm to the developing baby from alcohol exposure increases proportionately with the amount and frequency of alcohol consumed.



For information or support on FASD, phone the NOFASD Helpline on **1800 860 613** or visit nofasd.org.au



Learn more about alcohol during pregnancy and breastfeeding at everymomentmatters.org.au