

Pregnant, Planning or Could Be?



National Organisation for Fetal Alcohol Spectrum Disorder

**An alcohol-free  
pregnancy**  
is the best choice for your baby.



For more information,  
visit [www.nofasd.org.au](http://www.nofasd.org.au)  
or call 1300 306 238

# An alcohol-free pregnancy is the best choice for your baby.

## What we know:

An alcohol-free pregnancy is the best choice for your baby.

There is no safe amount of alcohol use if you could be pregnant, during pregnancy, or while trying to get pregnant.

All types of alcohol are equally harmful, including all wines and beer.

Every pregnancy is different and the risk from alcohol may harm one baby more than another.

Alcohol can cause problems for a developing baby throughout pregnancy, including before a woman knows she's pregnant.

Fetal Alcohol Spectrum Disorders could be completely preventable.

## What can happen:

When alcohol is consumed during pregnancy lifelong physical, cognitive and developmental disabilities can occur.

Learning, memory, attention, judgment, impulse control and social skills can be affected.

Behaviours are often considered disorders but may be symptoms of this unrecognised disability.

## What you can do:

Plan your pregnancy and choose to be alcohol free if you could be pregnant, when trying to conceive, during pregnancy and breast feeding.

FASD's could be prevented if alcohol is not consumed during pregnancy.

## What others can do:

Support your choice to be alcohol free.

Always offer alcohol free drink choices.

To view our website at  
[www.nofasd.org.au](http://www.nofasd.org.au)



email us; [enquiries@nofasd.org.au](mailto:enquiries@nofasd.org.au)  
or call us on **1300 306 238**  
for more information

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