

# #DRYMESTER SPREAD THE WORD

Talk about alcohol free pregnancies in your workplace to support parents-to-be.

Here are some simple prompts to help you start the #DRYMESTER conversation when talking to pregnant employees, colleagues, customers, family and friends.

## DO YOU KNOW WHAT FETAL ALCOHOL SPECTRUM DISORDER IS?

It stands for FASD which is a range of lifelong disabilities that can occur as a result of drinking alcohol during pregnancy, including physical, mental, behavioural and learning impairments — it's entirely preventable.

## HAVE YOU HEARD ABOUT #DRYMESTER?

There are plenty of resources to help parents-to-be go alcohol free during pregnancy on [www.drymester.org.uk](http://www.drymester.org.uk)

## DO YOU KNOW WHERE TO GO FOR SUPPORT?

You can find details of alcohol and FASD support services by visiting [www.drymester.org.uk/support](http://www.drymester.org.uk/support)

## DO YOU KNOW THE SYMPTOMS OF FASD?

Symptoms include but are not limited to:

- Learning difficulties
- Problems in memory, attention and judgement
- Problems receiving and processing language
  - Brain damage
  - Heart defects
- Facial distinctions – low set ears, small and wide-set eyes, thin upper lip
- Below average height and weight

Did you know that recent prevalence research shows that FASD may affect up to **3.6% of children** in Greater Manchester? That's the equivalent of **1,238 children born each year.**

## DO YOU KNOW THE EXPERT ADVICE?

Visit [www.drymester.org.uk](http://www.drymester.org.uk) for more information

If you're pregnant or planning to become pregnant, the safest approach is **not to drink alcohol at all** to keep risks to your baby to a minimum.

UK Chief Medical Officers