

#DRYMESTER SPREAD THE WORD

Drinking alcohol during pregnancy can cause Fetal Alcohol Spectrum Disorder (FASD), which is a range of lifelong disabilities including physical, mental, behavioural and learning impairments.



For free and helpful tips and resources to help parents-to-be go alcohol free during pregnancy, visit drymester.org.uk/resources

For alcohol and FASD support services, visit drymester.org.uk/support

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

#DRYMESTER
HELPING PARENTS-TO-BE GO ALCOHOL FREE



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