




#DRYMESTER
**SPREAD
THE WORD**

We're supporting alcohol free
pregnancies in our workplace




#DRYMESTER

HELPING PARENTS-TO-BE GO ALCOHOL FREE



For support in going alcohol free during pregnancy or information about FASD, visit **www.drymester.org.uk** for free tips, resources and support services in your area.



@DrymesterGMHSC



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FASD

Fetal Alcohol Spectrum Disorder is a range of lifelong disabilities that can occur as a result of drinking alcohol during pregnancy.

Recent prevalence research shows that FASD may affect up to

3.6% OF CHILDREN

in Greater Manchester, the equivalent of

1,238 CHILDREN BORN EACH YEAR.

FASD IS PREVENTABLE





**NO SAFE
TIME**



**NO SAFE
AMOUNT**

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