

**See below suggested text to post on social media with the graphics to support #FASDAwarenessMonth. If you have any queries, please contact** **info@drymester.org.uk****.**

September is FASD Awareness Month

This month we’re raising awareness of Fetal Alcohol Spectrum Disorder, which is a range of lifelong disabilities that can occur as a result of drinking alcohol during pregnancy. See how you can get involved here: <https://bit.ly/3AqhiNZ> #FASDAwarenessMonth #DRYMESTER

What is FASD? Video

Fetal Alcohol Spectrum Disorder includes physical, mental, behavioural and learning impairments and is commonly misdiagnosed as other disorders such as ADHD which have some similar symptoms. FASD is entirely preventable #FASDAwarenessMonth #DRYMESTER

FASD Prevalence:

Do you know the prevalence of Fetal Alcohol Spectrum Disorder (FASD) in Greater Manchester? Spread the word that there’s no safe time and no safe amount of alcohol to drink during pregnancy and help reduce the likelihood of children being born with FASD #FASDAwarenessMonth #DRYMESTER

FASD Fact – Society

There is no single profile of FASD, it’s highly variable from individual to individual making it difficult to diagnose and to ensure individuals with FASD have the right support #FASDAwarenessMonth #DRYMESTER

CMO Guidance

The Chief Medical Officers’ guidance regarding alcohol use in pregnancy is endorsed by the National Institute for Health and Care Excellence (NICE) — spread the word to help reduce the likelihood of children being born with Fetal Alcohol Spectrum Disorder #FASDAwarenessMonth #DRYMESTER

Red Shoes Post

We’re wearing our red shoes to raise awareness of Fetal Alcohol Spectrum Disorder (FASD) and support #FASDAwarenessDay, are you? #RedShoesRock #FASDAwarenessMonth #DRYMESTER

5 Mocktails

We know going alcohol free during pregnancy isn’t easy, but it doesn’t have to be dull. Here are 5 delicious mocktails to try this #FASDAwarenessMonth – share with friends and make a difference, one sip at a time. View the recipes here: <https://rb.gy/v2x8w> #FASDGiveMe5 #FASDPrevention