

#DRYMESTER

HELPING PARENTS-TO-BE GO ALCOHOL FREE



ALCOHOL AND PREGNANCY?

Many things we hear about pregnancy are passed along through generations. Some people say drinking small amounts of alcohol while pregnant is OK. But the truth is, the only safe option during pregnancy is not to drink alcohol at all. Whether it's beer, wine, or spirits, alcohol can cause harm to your baby at any time during pregnancy.

KNOW THE EXPERT ADVICE

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

The National Institute of Health and Care Excellence (NICE) endorse the Chief Medical Officers' guidelines regarding alcohol use in pregnancy.

THE RISKS

Whether you are pregnant, thinking about becoming pregnant or know someone who is pregnant, it's important to remember that drinking alcohol while pregnant can put your baby at risk. Some of the risks include miscarriage, the baby being born early, a low birth weight and Fetal Alcohol Spectrum Disorder (FASD).



For helpful tips and advice to go alcohol free during pregnancy, or to support a loved one, find out more at drymester.org.uk/he

WHAT IS FASD?

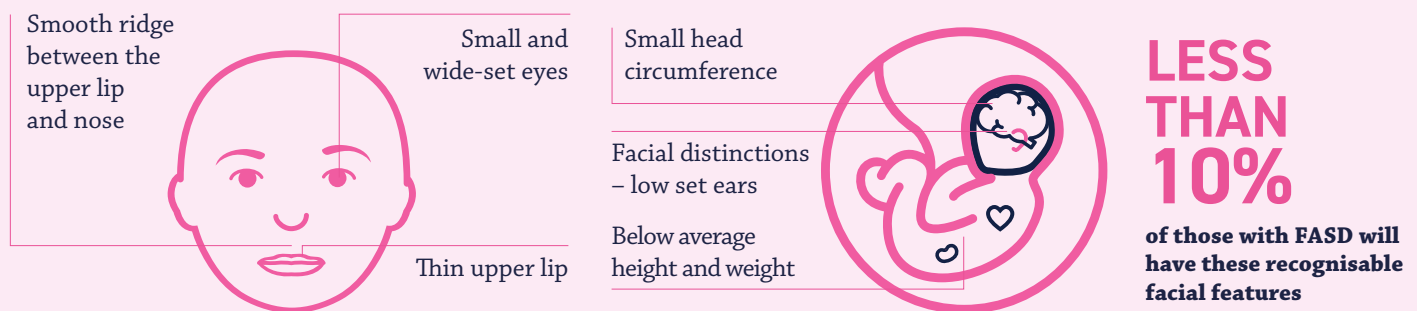
FETAL ALCOHOL SPECTRUM DISORDER

A baby's brain and body are growing and developing for the entire nine months of pregnancy. Drinking alcohol during pregnancy can affect how the baby's brain and body develops which can lead to a range of lifelong disabilities.

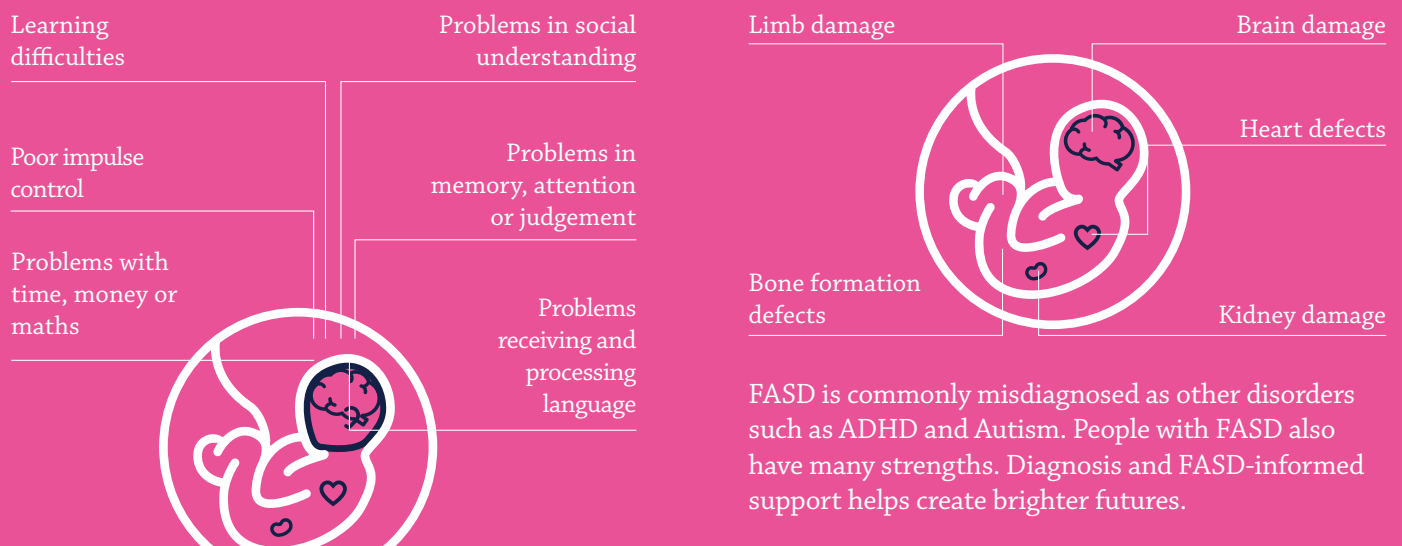
Fetal Alcohol Spectrum Disorder is the term used to describe this range of lifelong disabilities. There are over 400 known conditions that can include physical, mental, behavioural and learning difficulties. Individuals affected typically have a combination of these conditions and everyone is impacted differently.

NO TWO BABIES ARE AFFECTED THE SAME WAY BY ALCOHOL

Some symptoms are noticeable at birth:



Some symptoms become apparent as the baby or child develops:



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Essex County Council



Hertfordshire