

#DRYMESTER

HELPING PARENTS-TO-BE GO ALCOHOL FREE



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 about alcohol and pregnancy.

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/he

DO YOU KNOW WHERE TO GO FOR SUPPORT?

You can find details of alcohol and FASD support services by visiting www.drymester.org.uk/he

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?** That's the equivalent of **1,202 children born each year in Hertfordshire and Essex.**

DO YOU KNOW THE EXPERT ADVICE?

Visit www.drymester.org.uk/he 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