

#DRYMESTER

HELPING PARENTS-TO-BE GO ALCOHOL FREE



FASD THE FACTS



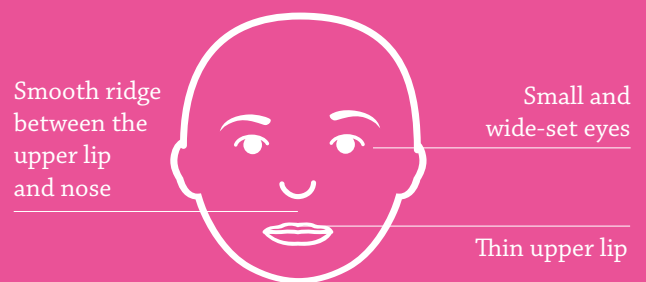
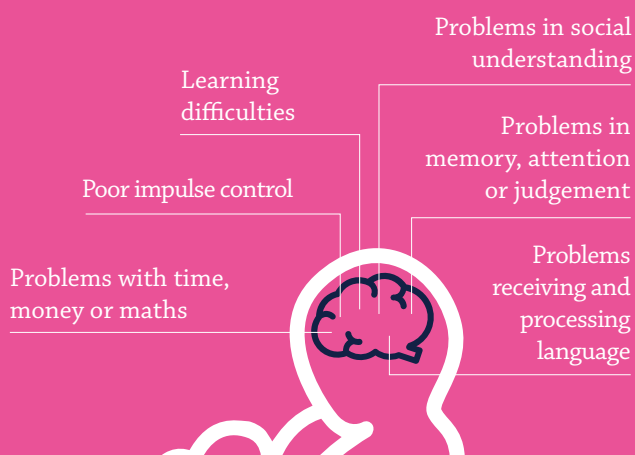
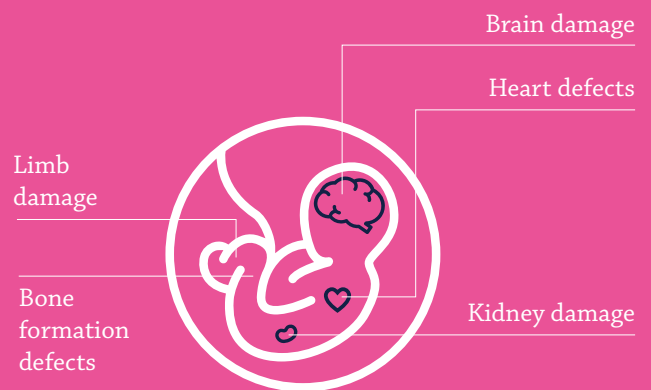
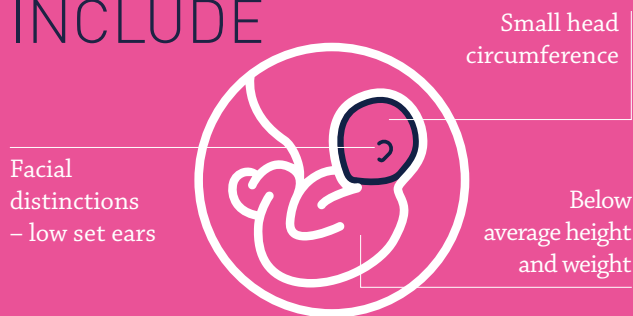
FASD CAUSES LIFELONG DISABILITIES

FASD stands for Fetal Alcohol Spectrum Disorder, the umbrella term used to describe the range of lifelong disabilities that can occur as a result of drinking alcohol during pregnancy.

UK Chief Medical Officers

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.

CONDITIONS INCLUDE



FASD IS PREVENTABLE

FASD is commonly misdiagnosed as other disorders such as ADHD and Autism. People with FASD also have many strengths. Diagnosis and FASD-informed support helps create brighter futures.



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



Essex County Council



Hertfordshire