

TOP TIPS TO SUPPORT TEEN PREGNANCY

If your teen has told you they're pregnant. It's important to see it as a positive step — it means they want your support. Here are some top tips to help you and your teen through pregnancy.

- 1 Tell them you're always there to talk and listen.
- 2 You and your teen may experience a whole range of emotions and fears — focus on their needs, not your feelings.
- 3 Talk to someone who isn't emotionally involved to give you a different perspective.
- 4 Remember, their welfare and the baby's health are a priority. Help them avoid high risk foods and alcohol.



Your teen may not drink alcohol but with many mixed messages about drinking alcohol when pregnant, it's important they 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

ALCOHOL AND PREGNANCY THE RISKS

Drinking alcohol while pregnant can put the baby at risk. Some of these risks include miscarriage, the baby being born early, a low birth weight and Fetal Alcohol Spectrum Disorder (FASD). FASD is the term used to describe a range of lifelong disabilities. There are over 400 known co-occurring conditions that can include physical, mental, behavioural and learning impairments.

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 develop.

CONDITIONS INCLUDE

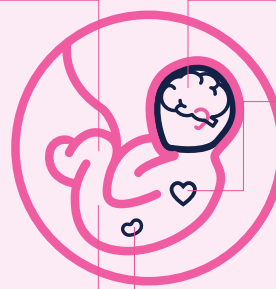
Limb damage

Brain damage

Heart defects

Bone formation defects

Kidney damage



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.

NO SAFE TIME
NO SAFE AMOUNT



For helpful tips and more information about the risks of drinking alcohol during pregnancy, drymester.org.uk/he

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HELPING PARENTS-TO-BE GO ALCOHOL FREE



Essex County Council



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