

10 Facts About Alcohol Use and Pregnancy

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- 1. No amount of alcohol is safe for a pregnant woman to drink.**
 - 2. Drinking alcohol can make your baby sick.**
 - 3. Fetal Alcohol Syndrome can cause mental retardation.**
 - 4. Children with FAS can have learning and behavior problems.**
 - 5. Alcohol crosses into breast milk.**
 - 6. Some children may look "normal," but their brains can be damaged.**
 - 7. A child does not outgrow Fetal Alcohol Syndrome.**
 - 8. When a man drinks alcohol, his sperm are damaged.**
 - 9. Only the medicines that a woman's doctor gives her are safe.**
 - 10. It is never too late in your pregnancy to quit drinking alcohol.**
- For more information,
please contact:**
- YOUR INFORMATION
HERE**

No amount of alcohol is safe to drink during your pregnancy