

10 FACTS

You Should Know:

1

No alcohol is safe for a pregnant woman to drink.

Beer, wine, wine coolers, hard liquor (whiskey, rum, vodka, etc.) and liqueurs all contain alcohol. Any alcohol that a pregnant woman drinks goes straight into her baby's body.

2

Drinking alcohol during pregnancy can keep your baby from being born healthy.

Babies exposed to alcohol do not grow well in their mothers' womb, may have a small brain, and may develop changes in the shape of their face. This is known as Fetal Alcohol Syndrome, or FAS.

3

Fetal Alcohol Syndrome can cause mental retardation.

The average IQ of children with FAS is 68, compared to an average IQ of 100 for children whose mothers did not drink during pregnancy.

4

Children with FAS can have learning and behavior problems when they get to school.

Many children with FAS have trouble paying attention, are aggressive, impulsive, and hyperactive. This makes it very hard for them to learn while they are in school.

5

Drinking alcohol while breast feeding can harm your baby.

Alcohol can enter the baby through the mother's breast milk and stay there for several hours. This can hurt the baby's brain development.

6

Some children whose mothers drank alcohol during their pregnancy may look "normal," but their brain may still be damaged.

Children who do not look like they have FAS can still have problems with learning and behavior. The children most often have a short attention span, have trouble concentrating, and are easily distracted.

7

The effects of alcohol in pregnancy will last a lifetime.

Children whose mothers drink during pregnancy have problems with behavior and learning all their lives. Getting a child with FAS into an early education program can make things much better.



8

When a man drinks alcohol his sperm are damaged.

Alcohol can damage a man's sperm and hurt the sperm's ability to swim to a woman's egg.

9

Only the medicines that a woman's doctor gives her are safe.

Tell your doctor as soon as you know you are pregnant. Tell your doctor you are pregnant before you take any medicine. If you are taking prescription medicine, call your doctor right away.

10

It is never too late in your pregnancy to quit drinking alcohol.

No matter how far along you are in your pregnancy, it is much better for your baby if you quit drinking than if you continue.



**STAY HEALTHY
During Your Pregnancy**

References from research articles regarding these "10 Facts" can be found at www.ntiupstream.com