

**Alcohol can harm your baby for life.**

If you are pregnant or planning to get pregnant, talk to your doctor/GP or nurse for more information and support.

# **Pregnancy and alcohol don't mix.**

There is no safe time to drink alcohol during pregnancy.





If you are pregnant or planning to get pregnant, no alcohol at all is the safest choice.

**Fetal Alcohol Spectrum Disorder (FASD)** is the biggest preventable cause of birth defects and brain damage in unborn children.

Did you know that there is no cure for FASD?

Did you know that drinking alcohol during pregnancy can cause FASD?

Did you know that a baby born with FASD has brain damage, physical defects or behaviour problems that last for life?

Did you know that smoking and using other drugs also plays a part?