

Think Before You Drink



Don't Drink Alcohol... If you do, Your Baby Drinks Too.

Drinking alcohol during your pregnancy
can harm your unborn baby.

Alcohol causes damage to your baby's
brain, heart, kidneys, and other organs.

Alcohol and Pregnancy Don't Mix

FASD

Fetal Alcohol Spectrum Disorders

Fetal Alcohol Spectrum Disorders (FASD) is caused by drinking alcohol during pregnancy. Alcohol passes through the placenta to the developing fetus. FASD is the leading cause of preventable developmental disability. Babies born with FASD will experience difficulties in learning, behavior problems, or developmental disabilities. Drinking alcohol of any type at any time during pregnancy can cause FASD. **There is no cure for FASD - it lasts a lifetime.** FASD is 100% PREVENTABLE.

YOU can prevent FASD

- If you are pregnant now or think you might be, stop drinking. Talk to your doctor/nurse if you need help stopping.
- If you are planning to get pregnant, stop drinking now.
- If you drink and are sexually active, use a form of birth control.
- Binge drinking (drinking several drinks in a small amount of time) is dangerous and should be avoided at all times, especially during pregnancy.

For more information about FASD and other ways to make sure you have a healthy baby, contact:

New Jersey Family Health Line

1-800-328-3838

www.AlcoholFreePregnancyNJ.com

Governor's Council
on Prevention of
Developmental Disabilities



New Jersey Taskforce on
Fetal Alcohol Spectrum
Disorders