



# FASD

Foetal Alcohol Spectrum Disorder

## ***The simple fact -***

there is no known safe level of alcohol  
consumption during pregnancy!

Babies born with Foetal Alcohol Spectrum Disorder (FASD) don't sleep well, are sensitive to touch, light and noise. Some babies may have heart problems.

They suffer with poor attention.

They suffer with short-term memory problems.

Hyperactive.

They do not understand maths, time and money.

Cannot solve problems.

They do not understand cause and effect.

They present childish behaviour.

They do not think before taking action.

Alcohol is like a poison that changes the way an unborn baby grows in the womb.

A child's brain is growing all the way through pregnancy and alcohol can affect this at any time.

Changes happen but they can appear after the child is born as he or she grows.

**Alcohol causes more damage to the developing foetus than any other substance, including marijuana, heroin, and cocaine. (Institute of Medicine 1996)**

***Think before you drink the damage lasts a lifetime.***