



**PREGNANT?**

**When a pregnant woman drinks alcohol, so does the unborn baby.**

**Drinking alcohol during pregnancy may cause a baby to be born with Fetal Alcohol Syndrome (FAS) or other alcohol-related disorders<sup>1</sup>**

*If you have questions about alcohol during pregnancy, or about alcohol addiction, talk to a:*

- *counsellor, nurse, midwife or doctor*

*For more information about Fetal Alcohol Syndrome and alcohol-related disorders:*

- *call 1 800 0-Canada (1 800 622-6232) TTY/TDD: 1 800 465-7735*
- *check out [www.healthcanada.ca/fas](http://www.healthcanada.ca/fas)*

<sup>1</sup> Refers to other clinical terms used to describe the full continuum of abnormalities attributed to prenatal exposure to alcohol, such as alcohol-related birth defects (ARBD), alcohol-related neurodevelopmental disorder (ARND), partial Fetal Alcohol Syndrome or atypical Fetal Alcohol Syndrome.



**NO ALCOHOL.**

*A child with FAS often:*

- is smaller at birth and for the rest of his/her life*
- has problems thinking, speaking, hearing or seeing*
- may look different than other children*
- has trouble learning the way other kids do*
- has behavioural difficulties*

*FAS is a challenge that lasts a lifetime and does not go away when children grow up.*

*The good news is that children can be protected by making the pregnancy alcohol-free. Friends and family can show support and join the expectant mother in making the alcohol-free choice.*

*Brought to you by your federal, provincial and territorial governments.*

**Our mission is to help the people of Canada maintain and improve their health. Health Canada.**

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