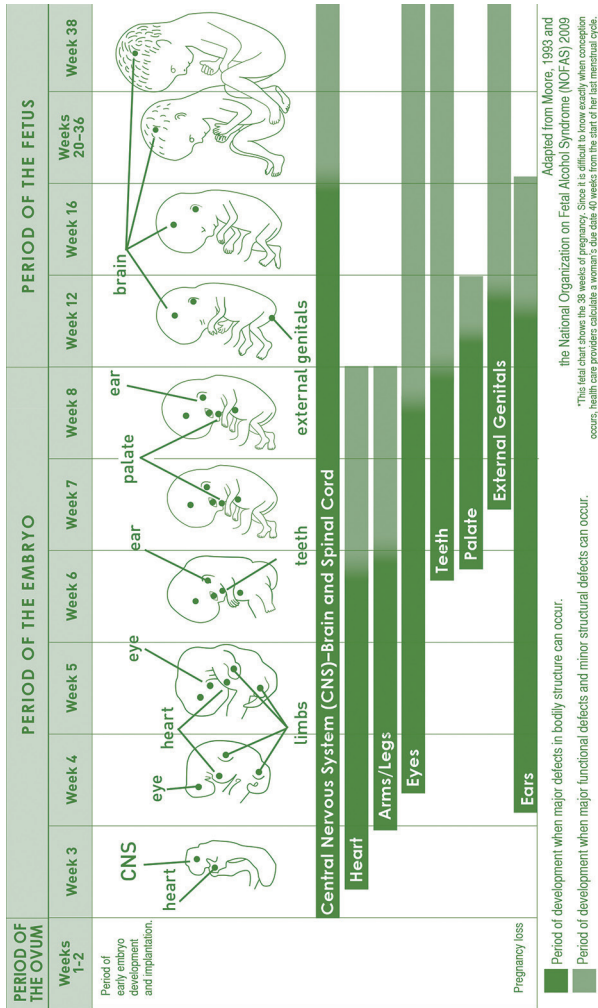


# FETAL DEVELOPMENT CHART

This chart shows vulnerability of the fetus to defects throughout 38 weeks of pregnancy.\*

\* = Most common site of birth defects



Adapted from Moore, 1993 and the National Organization on Fetal Alcohol Syndrome (NOFAS) 2009

\*This fetal chart shows the 38 weeks of pregnancy. Since it's difficult to know exactly when conception occurs, health care providers calculate a woman's due date 40 weeks from the start of her last menstrual cycle.

**FASD is 100% preventable!**

“In over twenty years of working on FASD prevention, I have never met a mom who intentionally wanted to harm her unborn baby. Either she didn't know that alcohol was harmful during pregnancy or she needed help to stop drinking.”

-Katherine Mitchell

Vice President and International Spokesperson  
National Organization on Fetal Alcohol Syndrome (NOFAS)

### Local Prenatal Support Programs:

Teen Parent Connection – Healthy Families Program  
<https://teenparentconnection.org/>

Family Focus (DuPage Office) – Early Childhood Support Program  
<http://www.family-focus.org/>

“I needed to share my guilt, shame and sense of loss. We didn't know what we were doing could cause brain damage.”

-Anonymous

Mother who consumed alcohol during pregnancy  
Circle of Hope support group member

Pamphlet provided by DuPage FASD Workgroup

Are you pregnant  
or thinking  
about becoming  
pregnant?



# 5 Reasons Why Girls & Women May Drink During Pregnancy

**1. Women may be unaware of the extent of the damage alcohol can cause the fetus or they believe their pattern of use is safe.**

CDC ~ Centers for Disease Control and Prevention  
<https://www.cdc.gov/ncbddd/fasd/alcohol-use.html>

**2. Women may underestimate the harms alcohol consumption can cause because they know other women who drank during pregnancy and their children appear healthy.**

NOFAS ~ National Organization on Fetal Alcohol Syndrome (outlines possible effects of alcohol consumption during pregnancy)  
<https://www.nofas.org/light-drinking/>

**3. Alcohol use may be the norm in their social group and abstaining may therefore be difficult.**

Al-Anon (support for individuals worried about someone else's drinking problems; meeting locator included)  
<https://al-anon.org/>

Alcoholics Anonymous (support for individuals using alcohol; meeting locator included)  
<https://www.aa.org/>

Meetup or other social networking sites (meet people with similar interests to expand social network and decrease the role of alcohol in social interactions)  
<https://www.meetup.com/>

**4. Women may be using alcohol to cope with difficult life situations such as violence, depression, poverty, or isolation.**

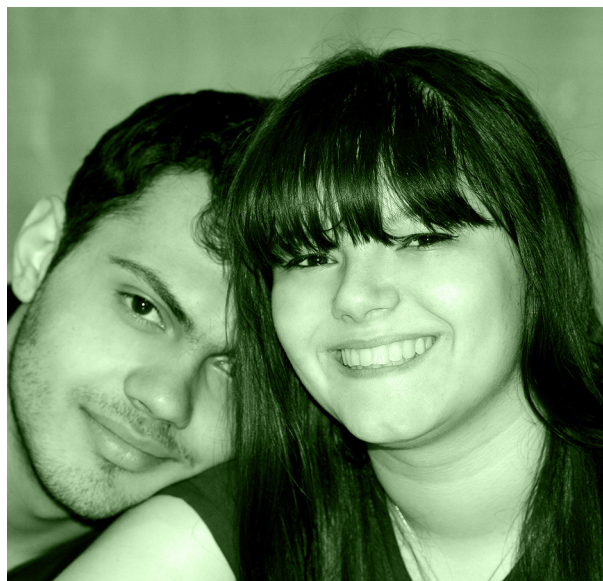
Family Shelter Service (domestic violence services and support groups)  
<http://www.familyshelterservice.org/>

SAMHSA ~ Substance Abuse and Mental Health Services Administration (search for local mental health treatment providers)  
<https://findtreatment.samhsa.gov/>

NAMI DuPage ~ National Alliance on Mental Illness (offers mental health support groups and other services)  
<http://namidupage.org/>

Illinois Department of Human Services (state funded assistance and programs)  
<https://www.dhs.state.il.us>  
Go to: "For Customers" then "Apply for SNAP, Cash, and Medical Assistance"

DuPage C.R.I.S. ~ Community Resource Information System (find various resources located in DuPage County)  
<http://dupagecris.org/>



**5. Women may struggle with alcohol addiction.**

SAMHSA ~ Substance Abuse and Mental Health Services Administration (search for local mental health treatment providers)  
<https://findtreatment.samhsa.gov/>

Alcoholics Anonymous (support for individuals using alcohol; meeting locator included)  
<https://www.aa.org/>

Source: Healthy Child Manitoba



## What are FASDs?

Drinking alcohol during pregnancy can cause a range of lifelong physical, behavioral, and intellectual disabilities. These are known as fetal alcohol spectrum disorders (FASDs).

Some of the behavioral and intellectual disabilities of people with FASDs include:

- learning disabilities
- hyperactivity
- difficulty with attention
- speech and language delays
- low IQ
- poor reasoning and judgment skills

## What causes FASDs?

Alcohol in the mother's blood passes to the baby through the umbilical cord. **When a pregnant woman drinks alcohol, so does her baby.**

Because every pregnancy is different, drinking alcohol may hurt one baby more than another.

Source: CDC ~ Centers for Disease Control and Prevention