

THE FACTS

The US Surgeon General & The Center for Disease Control (CDC), advise

NO SAFE AMOUNT of Alcohol During Pregnancy

NO SAFE TYPE of Alcohol during Pregnancy

NO SAFE TIME to Drink Alcohol During Pregnancy

OVER
50% of pregnancies
in Illinois are
UNPLANNED

**MANY PEOPLE DON'T KNOW THEY ARE PREGNANT
UNTIL 4-6 WEEKS AFTER CONCEPTION.**

The safest decision is to STOP drinking alcohol
for the remainder of your pregnancy.

**DRINKING ALCOHOL BEFORE REALIZING YOU
ARE PREGNANT IS COMMON.**

Steps to plan pregnancies help reduce the
likelihood of unintended prenatal alcohol
exposure.

**EVEN A SMALL
AMOUNT OF
ALCOHOL
CAN IMPACT
DEVELOPMENT
AND CAUSE
PERMANENT
PHYSICAL
BIRTH DEFECTS
& BRAIN BASED
DISABILITIES.**

Alcohol is a teratogen
that crosses the placenta
and can damage the
central nervous system
(including brain) and other
organs of the developing
embryo/fetus.

The blood alcohol level of
the fetus is the **same** or
higher than the mother's.

RESOURCES

FASD United
fasdunited.org

Center for FASD Justice & Equity
fasdcenter.org

Proof Alliance
proofalliance.org

March of Dimes
marchofdimes.org

SAMHSA
samhsa.gov/fetal-alcohol-spectrum-disorders-fasd-center

Collaborative for Alcohol-Free Pregnancy
nccd.cdc.gov/FASD

SOURCES

Streissguth et al 2004, O'Connor et al 2006, American Academy of
Pediatrics, Centers for Disease Control and Prevention, World Health
Organization, Guttmacher Institute



THE CENTER
for Neurobehavioral Guidance

312.488.9567

centerforneurobehavioralguidance.org



FASD United
Affiliate Network

5/2023

Congratulations!

*Best wishes on your journey, as you
build your new lives together.*

Illinois Public Act 96-1323

Illinois Marriage and Dissolution of
Marriage Act

PREGNANCY & ALCOHOL

The safest choice is to NOT drink alcohol while pregnant or nursing.

PRENATAL CARE

Prenatal alcohol exposure puts one at risk of FETAL ALCOHOL SPECTRUM DISORDERS (FASD) – a neurodevelopmental disability with a wide range of permanent birth defects to the brain, spinal cord, heart, face, immune system, & bones.

Drinking alcohol before realizing a pregnancy is common among both those with a planned or unintended pregnancy.

The safest decision is to abstain from alcohol for the remainder of your pregnancy.

If possible, get regular prenatal care and talk to your health care provider about any alcohol use during your pregnancy to discuss any concerns.

POST NATAL CARE

There is no cure for FASD, but early diagnosis, access to interventions, social services & special education, nurturing & stable home environment, and absence of violence significantly improve long term outcomes.

Please talk to your medical provider if you suspect prenatal exposure to alcohol.

If you need support to abstain from alcohol, ask your provider for resources in your community.

THE IMPACT

Prenatal alcohol exposure can look like:

Developmental Delays
Impaired Memory
Slow Processing
Poor Judgement/Reasoning
Inability to Link Cause and Effect
Difficulty with Abstract Thinking
Intellectual Impairment
Executive Functioning Difficulties
Language & Communication Difficulties
Difficulties with Social Rules & Relationships
Learning Difficulties & Academic Challenges
Impulsiveness & Hyperactivity
Attention & Concentration Issues
Emotional Regulation Difficulties
Behavioral Regulation Difficulties
Aggression
Confabulation
Perseveration
Sleep Difficulties
Sensory & Coordination Issues
Vision or Hearing problems
Adaptive Function difficulties
Heart, Kidneys, Bone, & Organ Abnormalities
Small Head size, Shorter-than-Average Height
Cleft Palate
Facial Features

Prenatal alcohol exposure effects each individual differently; every individual with an FASD presents with a unique set of strengths & challenges.

This content is intended for educational purposes only and not intended to be used for medical diagnosis or treatment. Content is not intended to recommend, replace, or serve as a substitution for professional medical or mental health advice. Discuss medical concerns with a qualified health care professional.

THE RESULTS

In the US, Prenatal alcohol exposure is the leading preventable cause of birth defects .

1 in 20

According to the CDC, FASD impacts as many as 1 in 20 in the US , that is 2.5x more than autism.

7,000 of 140,000

7,000 out of 140,000 children born annually in Illinois are estimated to have a FASD.

30x more

Raising a child with FASD costs 30X more than the cost of successful prevention efforts

Avoiding alcohol is not easy for everyone

If you are concerned about your alcohol use or need support to abstain from alcohol during your pregnancy, ask your health care provider for resources or learn about treatment.

All major medical associations advise:

There is NO known safe AMOUNT, TYPE or TIME to drink alcohol during pregnancy.