

MYTH-BUSTING FAQS.

- 1** MYTH : It's safe to have a glass of wine or other alcoholic beverages during pregnancy.
FACT: No amount of alcohol is safe during pregnancy. Alcohol can harm the developing baby at any stage.
- 2** MYTH: Only heavy drinkers have children with FASD.
FACT: There is no known safe level of alcohol; even small amounts can affect fetal development.
- 3** MYTH: Everyone with FASD has facial abnormalities like a thin upper lip or small eyes.
FACT: Most people with FASD DO NOT have visible facial features but have brain-based difficulties & disabilities.
- 4** MYTH: Children with FASD will outgrow it.
FACT: FASD is a lifelong condition. Early intervention helps but disabilities persist.
- 5** MYTH: FASD is the mother's fault or caused by bad parenting.
FACT: FASD results from prenatal alcohol exposure. Compassion and support for families are essential.
- 6** MYTH: FASD only happens in certain communities.
FACT: FASD occurs across all racial, ethnic, and socioeconomic groups.
- 7** MYTH : People with FASD just need to try harder.
FACT: FASD results from moderate to severe brain injury affecting many areas like executive function, social skills, and emotional regulation. The challenges are neurological, not simply behavioral.