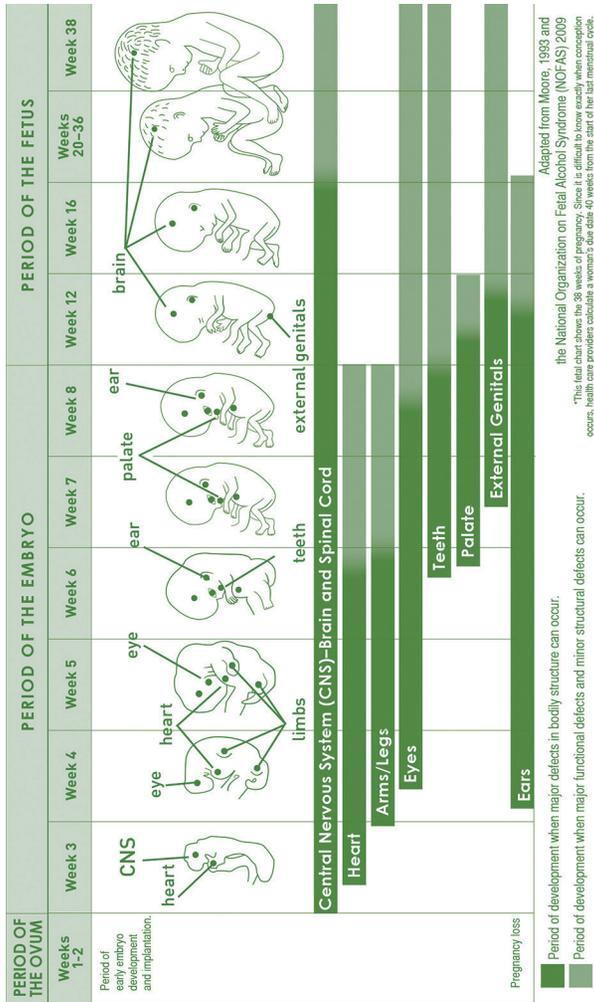


FETAL DEVELOPMENT CHART

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.

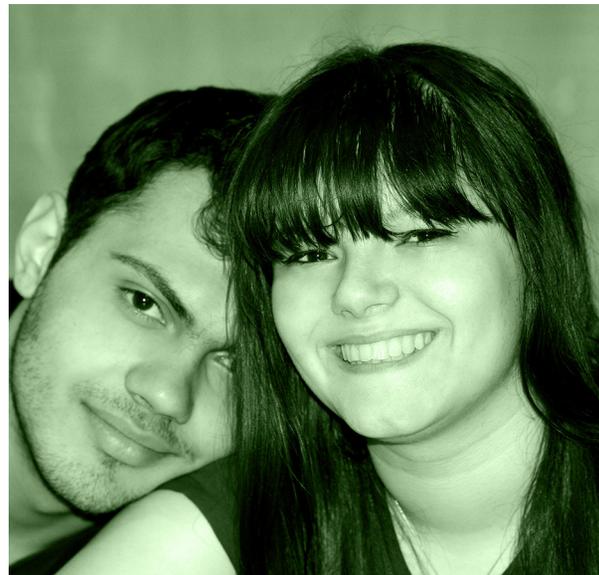
Family Shelter Service (domestic violence services and support groups)
<http://www.familyshelterservice.org/>

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