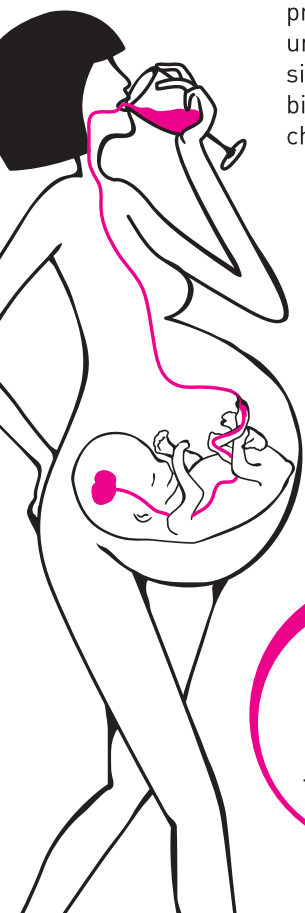


What happens when you drink alcohol during pregnancy?

Alcohol freely passes immediately from your bloodstream into your baby's bloodstream so you both have the same blood alcohol level. Alcohol is a toxic substance that damages developing cells and organs. Your baby's liver is not yet fully developed which means your baby needs far longer than you do to reduce his/her blood alcohol level.

Alcohol consumption during pregnancy can harm the unborn baby and also have a significant impact on life after birth, having consequences for child development in general.



If you're expecting it's better to say **"No"**.



Who helps individuals with FASD?

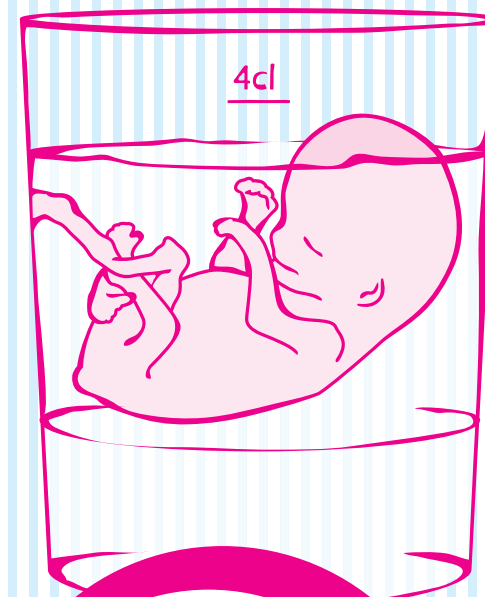
We collaborate with doctors, midwives and self-help groups so we can offer support to those affected by FASD, regardless of age.

Please don't hesitate to contact us if you have an enquiry or need advice about care or support services, therapies etc. - we'll be glad to help!



aufklären • beraten • helfen

"Just that ONE sip..."



...can affect your child's whole life!



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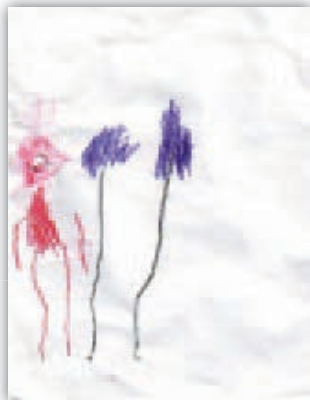


What are the effects and dangers of alcohol during pregnancy?

Drinking alcohol during pregnancy can cause health problems for your baby, such as

- growth deficiency (height and weight)
- microcephaly (small head circumference)
- facial anomalies
- mental and motor developmental delays
- behaviour disorders
- intellectual disabilities
- organ damage
- skeletal malformations

The term FASD (Fetal Alcohol Spectrum Disorder) is an umbrella term that refers to a pattern of physical and mental birth defects caused by prenatal alcohol exposure, some of which are listed above.



Family picture drawn by a 7-year-old girl **with** FASD



Family picture drawn by a 7-year-old girl who **doesn't** have FASD

In Germany, about 4,000 children are born with FASD and related disabilities every year. Many cases remain undiagnosed and it is estimated that the true figure could be far higher, in the range of 10,000 to 15,000 newborns.

FASD is not unique to families with addiction problems; it affects children from all social backgrounds. Even small amounts of alcohol consumed during pregnancy can harm the unborn child. Various cells and organs are affected, depending on the baby's stage of development, i.e. how far along you are.

FASD is the most common disability that is **100%** preventable.

Who is affected by FASD ?

How does FASD affect performance in the classroom or at work?

The effects of alcohol, i.e. physical impairments, but especially intellectual challenges, have a negative impact on development and individuals with FASD face difficulties across the lifespan.

Nursery school:

Children can only engage in imaginative play with guidance and rarely have friends of their own age.

School:

Children with FASD often don't understand generalisations or cause and effect reasoning. They have memory issues, can't retain what they've learned and easily become outsiders.

Vocational training:

Intellectual disabilities make it difficult for individuals with FASD to finish vocational training which is the key to the open labour market

Employment:

Adults with FASD often have difficulties finding and holding down jobs



¹<https://www.aerztezeitung.de/Medizin/Tausende-Babys-durch-Alkohol-geschaedigt-253647.html>
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