

## Our Mission

To inspire, empower and support children, families and individuals who live with Fetal Alcohol Spectrum Disorders (FASD) in Arkansas.

## Our Vision

- Educate the public, health care practitioners and policymakers about the risk of alcohol use during pregnancy.
- Support and enhance partnerships to create a more informed public about the risk of alcohol use during pregnancy.
- Develop and expand interventions offered for those living with FASD.

## For More Information About FASD:

- [nofas.org/](http://nofas.org/)
- [cdc.gov/ncbddd/fasd/](http://cdc.gov/ncbddd/fasd/)
- [niaaa.nih.gov/publications/brochures-and-fact-sheets](http://niaaa.nih.gov/publications/brochures-and-fact-sheets)
- [come-over.to/FASCRC/](http://come-over.to/FASCRC/)



**Arkansas**  
None for Nine

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## Are You Pregnant or Trying to Get Pregnant?

# REMEMBER:

## No Alcohol for Nine Months

## Help Prevent FASD



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None for Nine

## **If you are pregnant or trying to get pregnant, there is no safe level of alcohol that you can drink.**

Drinking while you are pregnant can harm your baby, and the damage may be permanent.

Your baby could be born with Fetal Alcohol Spectrum Disorder or FASD.

You can help your baby to stay safe and healthy – choose not to drink if you're pregnant.

## **Not drinking is the safest choice for you and your baby.**

### **Can You Prevent FASD?**

**Yes! Don't drink any alcohol at any time during your pregnancy.** Wine, liquor or beer are all bad for your baby – even medications that contain alcohol are bad. And if you're thinking about having more kids, don't drink before you try to get pregnant.

### **What Can Happen If I Drink?**

**Drinking during pregnancy can cause many problems, such as:**

- Miscarriage
- Premature birth
- Problems like memory and learning difficulty, controlling emotions and making good choices
- Stillbirth
- Birth defects

### **Do You Drink Regularly Right Now?**

**Tell your doctor if you drink alcohol, including beer or wine.** If you find it hard to quit drinking before or during pregnancy, your doctor or a local treatment center can help you find ways to avoid alcohol. Every day matters.

Half of all pregnancies are unplanned.

Make a plan for a healthy baby. If you are ready to start a family, quit alcohol before you get pregnant so your baby will be healthy.

Your husband, partner and others can also play a huge part. If they stop drinking, too, they can show that they want to be a part of your healthy pregnancy.

### **How Can YOU help?**

**Talk to your pregnant friends or those who are trying to get pregnant about not drinking.**

And if you need help to stop drinking, talk to the people you trust the most, like your husband, family members, doctor, partner or close friends.

By helping to spread the word about drinking and pregnancy, we can help prevent FASD.

