

Are You Pregnant or Trying to Get Pregnant?

REMEMBER:

Your Baby Eats What
You Eat and Drinks
What You Drink.

So, No
Alcohol
for Nine
Months.

What Can Happen If I Drink Alcohol?

Drinking alcohol while you are pregnant can harm you and your baby and cause problems like:

- Miscarriage
- Premature birth
- Birth defects or Fetal Alcohol Spectrum Disorders (FASDs)

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



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What are FASDs?

Fetal alcohol spectrum disorders (FASDs) are a group of conditions that can occur in a person whose mother drank alcohol during pregnancy, such as:

- Problems with the heart, kidneys or bones
- Abnormal facial features
- Learning disabilities
- Developmental delays

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

What can YOU do?

- If you need help to stop drinking, talk to the people you trust the most.
- Spread the word about drinking and pregnancy
- Volunteer to help or join Arkansas None for Nine

**Don't drink alcohol
at any time
during your pregnancy.**

For more information:



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