

Help keep your baby safe and healthy

Avoid drinking alcohol when pregnant or trying for a baby

A range of problems known as **Fetal Alcohol Spectrum Disorder (FASD)** can affect the baby if the mother drinks alcohol during pregnancy, even before she knows she is pregnant.



Alcohol can affect the baby's brain and development during pregnancy. If you are planning a baby or think you might be pregnant, remember:

No alcohol, no risk

For advice and information or if you are finding it difficult to stop drinking please speak to your midwife, GP or a local alcohol and drug support service.

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www.nofas-uk.org

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