

Alcohol and Pregnancy

No known safe amount.

No safe time.

No safe type of alcohol to drink during pregnancy or when trying to get pregnant.

Drinking alcohol during pregnancy can cause Fetal Alcohol Spectrum Disorders (FASDs).

People with FASDs can have:

- Physical problems
- Behavior concerns
- Learning challenges
- Many times, a person with FASD has more than one of these problems.

The effects of FASD do not go away. A child or adult with FASD can have:

- Abnormal facial features, a small head, low body weight, or lower than average height
- Problems with the heart, kidneys, or bones
- Poor coordination
- Hyperactive behavior, difficulty with attention, poor memory, and poor reasoning and judgement skills
- Difficulty in school (especially with math), learning disabilities, low IQ
- Speech and language delays
- Vision or hearing problems
- Sleep and sucking problems as a baby

For more information:

cdc.gov/ncbddd/fasd/facts.html

