

STAY SOBER WHILE PREGNANT

Consuming alcohol can harm the fetus

FASD (Fetal Alcohol Spectrum Disorders)
applies to the entire range of fetal disorders.

Its different forms include:

- **FAS** (Fetal Alcohol Syndrome)
- **PFAS** (Partial Fetal Alcohol Syndrome)
- **ARND** (Alcohol Related Neurobehavioral Disorder)
- **ARBD** (Alcohol Related Birth Defect)

Help can be found for the child through proper diagnosis, rehabilitation and lifelong support.



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Alcohol is harmful to the fetus at every stage of pregnancy

1. TRIMESTER (WEEKS 0-12)

The organs begin to form (brain and heart first). Arms, legs and eyes begin to develop and the heart starts to beat. Alcohol can have harmful effects on the organs and the central nervous system.

2. TRIMESTER (WEEKS 13-24)

All the organs are almost completely formed. The eyes, central nervous system, lungs and external genitalia still continue to develop. Facial features start to become apparent.

Alcohol can have harmful effects on the fetus's eyesight, hearing, central nervous system and growth.

3. TRIMESTER (WEEKS 25-40)

The central nervous system and lungs continue to develop. The fetus's appearance develops into its final form. The fetus grows rapidly and gains weight. Alcohol can affect e.g. the fetus's appearance, central nervous system and growth.