



It's the Holiday Season.

Many of us may be attending parties to celebrate.

If you are pregnant or you know someone who is pregnant, that will be attending, their unborn baby will be attending the party also.

Fetal Alcohol Spectrum Disorders

occur when a pregnant woman consumes alcohol.

The disabilities of fetal alcohol exposure last a life time, the baby's. There is no cure for the many birth defects caused by alcohol.

These defects can include, Brain Damage, Mental Retardation, Learning Disabilities, Heart, Lung and Kidney defects, Facial Deformities, Growth Defects, Hyperactivity, Poor Coordination, Behavioral Problems.

**There is NO SAFE AMOUNT
of alcohol during pregnancy!**

While only the mother's alcohol consumption can harm the unborn baby, her partner, family and friend's can be a wonderful support for her by not drinking as well.

Fetal Alcohol Spectrum Disorders are 100 % preventable.

Protect your baby and yourself.

If you are pregnant or thinking of becoming pregnant

SAY NO TO ALCOHOL!

If you need help or would like more information

Please contact:

**Double ARC @ 419-479-3060, ext. 5, or
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