



FETAL ALCOHOL SPECTRUM DISORDER

FASD

An Invisible
Disability that
is lifelong.

FASD is 100%
preventable.

During
pregnancy
there is no
safe limit
of alcohol
consumption.

Everyone is
part of the
solution.



WHAT IS FASD?

Fetal Alcohol Spectrum Disorder is the name given to a variety of damage caused to a baby when the mother drinks alcohol during pregnancy.

It can result in all organs of the body being affected particularly the brain.

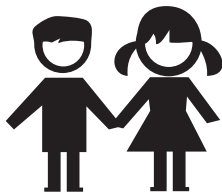
This can result in behavioural and learning disabilities which are lifelong.

049

ZERO
ALCOHOL
FOR NINE
MONTHS

SOME SIGNS OF FASD

- Impulsivity/distractibility
- Poor Memory
- Immaturity
- Poor emotional regulation
- Sensory overload
- Difficulty learning from mistakes
- Speech and language delay
- Confused Social Skills



WANT MORE INFORMATION?

www.fasd-can.org.nz

www.ahw.org.nz

www.fasdoutreach.ca

www.alcoholfreepregnancy.ca

International research estimate that approximately 1 in 100 children of children born have FASD.

If you have any concerns about your child's learning or behaviour talk to your child's Teacher or GP.

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049 IS BEST FOR YOUR BABY

International FASD Awareness Day is acknowledged all over the world at 9 minutes past nine on the 9th day of the 9th month every year. This signifies the 9 months of being alcohol free to give the best chance of having a healthy baby.