

Join the Circle of Friends In the Battle Against FASD



Pregnant Women and Alcohol: Tips and Resources for Service Providers*

You Can Make a Difference!

As a service provider to pregnant women and women of childbearing age, you play a critical role in educating them about the risks of drinking while pregnant.

If a woman drinks during pregnancy, she risks having a child with Fetal Alcohol Spectrum Disorder (FASD) or alcohol related birth defects. Prenatal exposure to alcohol can have a devastating impact on a child's physical, cognitive and emotional development.

Because FASD and alcohol related birth defects are 100% preventable, it is extremely important to talk to women who may be using alcohol while pregnant.

***The safest advice providers can give women is
"No Alcohol is Best!"***

***There is no known safe type, amount or time
to use alcohol during pregnancy.***

How do I talk to women about alcohol use?

Asking a woman the right questions can ensure that they have a chance of having a healthy baby!

If possible, meet with women in a private and safe place. It is important to offer a supportive and caring approach because women may fear they are being judged. This is not a moral issue.

Let them know that you are concerned about them and their unborn child. Tell them that you ask all of your patients/clients about their alcohol consumption.

Ask her about:

- The frequency and amount of alcohol use
- Her tolerance level
- Whether she or others are worried about her drinking while pregnant

Tell her:

- That the safest thing she can do for herself and her baby is to completely avoid alcohol while pregnant
- Offer support and resources

What should I say to women who are planning to get pregnant?

If you work with women who may be planning to become pregnant, explain the risks of drinking while pregnant. Advise them to stop drinking as soon as they discontinue their current method of contraception.

How do I encourage family and friends to help a loved one avoid drinking while pregnant?

Assure them that they really can make a difference by talking to their friend or family member in a supportive and nonjudgmental way. Advise them to find a private place to talk to the woman when she hasn't been drinking.

Encourage family and friends to join the "Circle of Friends" in the battle against FASD

C ommunicate

A ssist

R efer

E ncourage

Check out the following websites:

www.calgaryfasd.com
www.calgaryhealthregion.ca



calgary fetal alcohol network

Support for Today
Prevention for Tomorrow



calgary health region

*Created in collaboration with the Calgary Fetal Alcohol Network and the Minnesota Department of Health