

WORDS MATTER!

Misconceptions, fear, and stigma about substance use issues can prevent people from seeking needed treatment or support. Use these tips to reduce bias, improve communication, encourage connection to resources, and help promote alcohol-free pregnancies.

USE THIS

A child with an FASD ✓

A developing baby is exposed to the same level of alcohol as the pregnant person. ✓

The developing baby was exposed to alcohol before birth. ✓

There is no safe amount, no safe time, and no safe type of alcohol to drink during pregnancy. ✓

Birth mother who has a child with an FASD ✓

Every pregnancy is different. Some babies may not be affected by alcohol exposure during pregnancy while others may have lifelong effects. The safest thing to do to protect your baby is to avoid any type of alcohol use throughout your pregnancy. ✓

INSTEAD OF THIS

An FASD child

They drank when they were pregnant.

When a pregnant person drinks alcohol, so does their baby.

What kind of person puts their baby at risk of having problems by drinking during pregnancy?

They drank while they were pregnant and now they have an FASD kid.

My (mom, friend, sister, etc.) drank while she was pregnant and her kids are fine.



If someone you know is pregnant, or at risk for becoming pregnant and wants help to stop drinking, you can provide information on local programs or suggest the SAMHSA treatment locator: [findtreatment.gov](https://www.findtreatment.gov)



FASD NATIONAL PARTNER NETWORK

