



**I say “No thanks!”  
to alcohol, tobacco  
and other drugs.**

**I want my baby to  
be born as healthy  
as possible.**

Drinking alcohol during pregnancy can cause learning disabilities, attention deficits, behavior disorders, birth defects, SIDS, and even death. There is no safe level of alcohol consumption during pregnancy.

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## **FASD Awareness Day September 9th**

**For information on Fetal Alcohol Syndrome (FAS)  
and Fetal Alcohol Spectrum Disorders (FASD)**

**call: 01942-223780 or 078-124-61836**

**FASawareUK [www.fasstar.com/UK/](http://www.fasstar.com/UK/)**

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