A pregnant woman never drinks alone.

Miscarriages and stillbirths associated with mother drinking heavily during pregnancy.

30 - 50% of all children born with Fetal Alcohol Syndrome (FAS) are from women who consumed more than 125 grams per day.

Children with FAS suffer from growth retardation.

Children with FAS can suffer from mental retardation, impaired language development, memory and learning problems.

Most common psychological disorders for people suffering from FAS are:
- DEPRESSION
- CONDUCT DISORDERS
- MOOD & ANXIETY DISORDERS
- ADHD

FAS is 100% preventable by abstaining from alcohol.

A pregnant woman never smokes alone.

Raises the risk of child obtaining asthma by 43%.

Increased chance of still births.

Increased chance of SIDS.

Possible association with physical defects.

Increase lung cancer and heart disease by 30%.

Raises the risk of ear infections by 19%.
1. What does FAS stand for? ____________________________________________________________________________

2. FAS is the most common cause of mental retardation. What other cognitive functions does it affect?
   ____________________________________________________________________________________________________________________________________

3. SIDS is Sudden infant death syndrome. SIDS is the sudden unexplained death of a child less than one year of age usually while they sleep. What can increase the chance of SIDS? ____________________________

4. What is the only truly way to prevent FAS? ____________________________________________
   ______________________________________________________________________________________

5. What type of psychological disorders can result from FAS? ________________________________
   ______________________________________________________________________________________

6. What does it mean that a, “A pregnant woman never drinks alone.” ____________________________
   ______________________________________________________________________________________
   ______________________________________________________________________________________
   ______________________________________________________________________________________
   ______________________________________________________________________________________
   ______________________________________________________________________________________
   ______________________________________________________________________________________
   ______________________________________________________________________________________
   ______________________________________________________________________________________

7. Write a letter to a pregnant mother encouraging her to stop using alcohol and/or tobacco while pregnant. Use at least 10 facts from information you learned in class today. ____________________________________________
   ______________________________________________________________________________________
   ______________________________________________________________________________________
   ______________________________________________________________________________________
   ______________________________________________________________________________________
   ______________________________________________________________________________________
   ______________________________________________________________________________________
   ______________________________________________________________________________________
   ______________________________________________________________________________________
   ______________________________________________________________________________________
   ______________________________________________________________________________________
   ______________________________________________________________________________________
   ______________________________________________________________________________________
   ______________________________________________________________________________________
   ______________________________________________________________________________________
   ______________________________________________________________________________________
   ______________________________________________________________________________________
   ______________________________________________________________________________________
Answer the following questions using the infographic on the other side.

1. What does FAS stand for? __**Fetal Alcohol Syndrome**

2. FAS is the most common cause of mental retardation. What other cognitive functions does it affect? __**impaired language development, memory and learning problems**

3. SIDS is Sudden infant death syndrome. SIDS is the sudden unexplained death of a child less than one year of age usually while they sleep. What can increase the chance of SIDS? __**Smoking while pregnant**

4. What is the only truly way to prevent FAS? __**abstaining from alcohol while pregnant**

5. What type of psychological disorders can result from FAS? __**depression, conduct disorders, mood and anxiety disorders and ADHD**

6. What does it mean that a, “A pregnant woman never drinks alone.” __**It means that he also drinks with her baby since the baby consumes the alcohol as well.**

7. Write a letter to a pregnant mother encouraging her to stop using alcohol and/or tobacco while pregnant. Use at least 10 facts from information you learned in class today. __**Answers may vary**