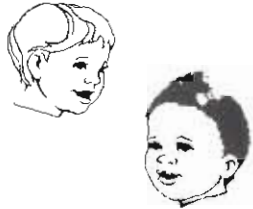


ALCOHOL FREE PREGNANCY



HEALTHY BABY

HAPPY FAMILY

If you already have a child with FAS and continue to drink alcohol, you may have another child with FAS

Other places where people can get more information on FAS and help if they are trying to stop drinking:

- **SANCA**
PO Box 30622, Braamfontein, 2017
Tel: (011) 482-1070/Fax: (011) 482-7187
- **Regional Alcoholics Anonymous Groups**
- **Your local clinic**



ALCOHOL CAN HARM YOUR UNBORN BABY

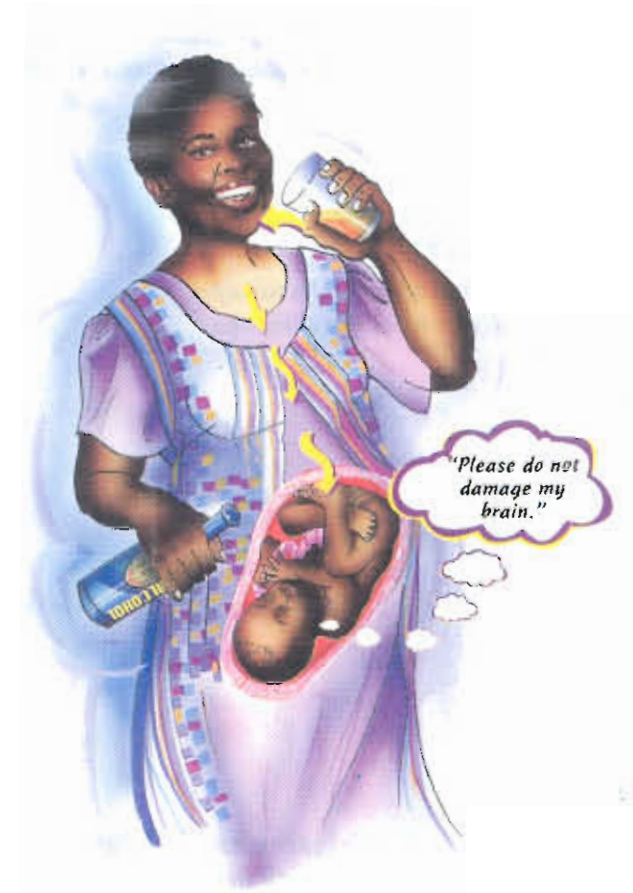
Building Better Health Together



Department of Health
Private Bag X828
PRETORIA
0001

G P-S 004-9278

PLAY IT SAFE WITH ALCOHOL



When the mother drinks the baby "drinks" too

Think before you drink

PROTECT YOUR UNBORN BABY FROM ALCOHOL

- Drinking alcohol during pregnancy may result in a child with Fetal Alcohol syndrome (FAS).
- Children with FAS
 - will have mental handicap
 - may be small for their age
- This may lead to problems with
 - learning at school
 - paying attention
 - carrying out simple tasks because alcohol affects the brain

The effect of drinking alcohol during pregnancy has long lasting effects

Think before you drink

RESPONSIBILITIES

WOMEN

- Attend antenatal clinic as early as possible in your pregnancy

If you are thinking of getting pregnant, or are pregnant, stop drinking. If you cannot stop, drink less. If you cannot stop drinking, contact your nearest clinic or doctor.

MEN

- Help pregnant partner:
 - avoid alcohol
 - eat properly
- Reduce your own alcohol intake
- Give support to your partner

If you cannot stop drinking, contact your nearest clinic or doctor.

HEALTH CARE WORKERS

- Inform families of the dangers of drinking during pregnancy
- Give counselling and information
- Refer patients for help

Think before you drink

TEACHERS

- Recognise the child with learning difficulties
- Refer for appropriate educational intervention
- Make students aware of the dangers of drinking during pregnancy

COMMUNITY

- Form support groups
- Take ownership of FAS prevention programmes
- Liase with health care workers and educators
- Provide support and counselling to drinking women
- Participate in activities to reduce maternal drinking

*Pregnancy is special
Let's make it safe*