

Would you feed alcohol to a  
*newborn?*



**This year, too many babies  
had their first drink before  
they were born!**

**ALCOHOL AND PREGNANCY DON'T MIX.**  
FASD Awareness Day is September 9<sup>th</sup>.



Newborns require careful feeding. And before they are born, babies “have” what their mothers “have”, especially where chemicals are concerned. They run increased risk of all kinds of physical deformities - heart defects, spina bifida, epilepsy, and cleft palate – **if their mothers have alcohol during pregnancy.** **Prenatal drinking** can also result in an invisible condition called FASD (Fetal Alcohol Spectrum Disorder) which afflicts an ever-increasing number of children with impulsivity, poor judgment, mood swings, and the inability to anticipate the consequences of their actions. All of Canada bears the toll, because, as they grow, these children generally require special education, social assistance, increased medical services, and, too often, eventually, incarceration. It would be hard to find a community anywhere in North America unaffected by prenatal drinking. Unfortunately, the alcohol industry is increasing its marketing to women and has attempted to discredit the thousands of studies proving the alcohol/birth defect connection.



### **What can you do about this?**

- Encourage your faith community to **find** and **face** the facts about alcohol and pregnancy.
  - Exercise compassion towards people with emotional and behavioral issues. (Prenatal brain damage from alcohol is invisible, but it results in specific conduct problems that can be identified.)
  - Advocate for long-term and wide-ranging changes in our society related to this issue.
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### **This is a call to prayer. Specifically, pray for our next generation.**

September 9th is International FASD Awareness Day. Would you pray at 9:09 a.m. and/or at 9:09 p.m. for the innocent babies affected by prenatal drinking, and for women to heed all the warnings? If your church has bells, ask them to be rung in observance of the day. For links to articles or to request a presentation to your youth, women's, or topical study group, contact [alcoholbabies@gmail.com](mailto:alcoholbabies@gmail.com) or visit [www.alcoholbabies.com](http://www.alcoholbabies.com).