



Before she even knows  
she's pregnant . . .

her  
baby

could already be affected  
by her drinking alcohol.

[www.alcoholbabies.com](http://www.alcoholbabies.com)

***Tell everyone you know that alcohol  
and pregnancy don't mix.***

**FASD Awareness Day is September 9<sup>th</sup>.**

## **Alcohol + Pregnancy = Brain Damage**

Women have joined the ranks of people who "drink a bit too much." According to a study by Columbia University's School of Public Health, North American women are consuming alcohol more than ever before. There are many reasons for this - pressures in the work place, the sense that "gender equality" equals "drinking equality", and a culture which is becoming increasingly alcoholised.

The biological consequence is taking a toll on the next generation. Alcohol is a teratogen. That means it causes birth defects if consumed during pregnancy. And for women whose lifestyle includes drinking, (just as for women who don't), half of pregnancies are unplanned. So an increasing percent of babies are being born alcohol-exposed, a well-known risk factor for visible and invisible developmental problems.

A staggering level of damage results. Up to a million people in the United States and 300,000 people in Canada have a condition called Fetal Alcohol Spectrum Disorder (FASD). These individuals, most of whom show no visible signs of their impairment, place a heavy burden (up to a million dollars each) on special education programs, medical providers, and, eventually, welfare and legal systems. Shockingly, 25-40% of the foster care and prison populations are estimated to suffer from FASD. There are no statistics that cover the personal tragedies involved.

### Faith-based responses:

Alert our communities, and specifically our women, to the dangers associated with prenatal drinking.

Work compassionately to assist the individuals affected.

Advocate for long-term and wide-ranging changes in our society related to this issue.

Specifically, pray for our next generation.

### **SEPTEMBER 9<sup>th</sup> IS INTERNATIONAL FASD AWARENESS DAY.**

Would you pray at 9:09 a.m. and/or 9:09 p.m. for the innocent babies affected by prenatal drinking... and for women to heed all the warnings? For links to referenced articles or to request a presentation to your youth/women's/topical study group, contact [alcoholbabies@gmail.com](mailto:alcoholbabies@gmail.com).