

Q

Which alcoholic beverage contains the greatest amount of alcohol?

A

*Answer*

Lift Here

# Which alcoholic beverage contains the greatest amount of alcohol?

Standard drinks of beer, wine, liquor and wine coolers all contain the same amount of alcohol and can all have long-term harmful affects on the baby.

# Is it okay to drink in the third trimester?

---

There is no safe time to drink while pregnant. The baby's brain and central nervous system develop throughout pregnancy and can be damaged at any time during pregnancy.

What if a pregnant woman has only the occasional glass of wine with her meal? Is her baby still in danger?

---

There is no known 'safe' amount of alcohol. To be safe, all women who are pregnant or planning a pregnancy should avoid alcohol.

# Can a child with Fetal Alcohol Spectrum Disorder (FASD) outgrow their problems?

---

While there are things that we can do to help, the brain damage caused by prenatal exposure to alcohol is a life long problem.

# How can others help?

---

Partners, family and friends can help pregnant women avoid drinking by offering non-alcoholic beverages, avoiding alcohol themselves and by socializing at people's homes or coffee shops instead of at bars.

# How much is too much?

---

Scientists have not been able to determine if there is a safe level of alcohol use for a pregnant woman. Of course, the risk of damage to the baby increases the more she drinks. The safest choice is not to drink any alcohol during pregnancy.

# When should a pregnant woman stop drinking?

---

It is best to stop drinking alcohol *before* pregnancy.



A

*Answer*

Lift Here

A

*Answer*

Lift Here