

# Alcohol & Pregnancy

don't  
mix

## What is FASD?

Fetal Alcohol Spectrum Disorder is the range of disabilities caused by the use of alcohol during pregnancy.

- Drinking alcohol during any phase of pregnancy can cause life-long damage to the unborn baby.
- The most serious disability is brain damage. This may include problems with memory, learning and attention.
- If you are trying to get pregnant, don't drink.
- If you know you are pregnant, stop drinking.



## Supports

**Motherisk 1-877-327-4636**  
Alcohol and Substance (at the  
Hospital for Sick Children  
[www.motherisk.org](http://www.motherisk.org))

**Surrey Place 416-925-5141**  
(FASD Adult diagnostic Clinic  
[www.sureyplace.on.ca](http://www.sureyplace.on.ca))

If you have a case worker with  
CCAS, ask the worker about the  
CCAS FASD specialists and how  
they can assist you.

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## Parenting a Child with FASD

Children with FASD learn differently to other children.

Did you know that a child with FASD may have a chronological age of 14, but developmentally the child may be closer to an 8-year-old? For example, this might mean that your teenage child with FASD still enjoys playing with toys suitable for a younger child. You may have to alter leisure activities to take your child's developmental level into account.

Keep trying different strategies until you find the ones that work for you and your child. Once you find the best fit - stick to it

Below are some suggestions that may help:

- Create structure, routine and consistency.
- Focus on positive decisions they make.
- Set realistic expectations, do not ask too much of them.
- Get support for yourself.



[www.torontoccas.org](http://www.torontoccas.org)