

## WHAT IS FETAL ALCOHOL SPECTRUM DISORDER?

*It is an umbrella term used to describe the range of diagnosis given to prenatally alcohol exposed individuals.*



### Lakeland Centre for FASD - Other Services Offered:

- \* Education and Training
- \* Diagnostic Services for Children and Adults
- \* Conferences
- \* Resource Information
- \* Resource Development
- \* Mothers-to-be Mentorship Program
- \* Alcohol & Drug Awareness Project in Bonnyville, AB

### Resources in your community

- The Lakeland Centre for FASD-Mothers-to-be Mentorship Program.
- \* AADAC.
- \* Women for Sobriety.
- \* Healthy Babies.
- \* Alcoholics Anonymous.
- \* Al-anon Family Group.
- \* Family Community Support Services.
- \* Your Family Doctor.
- \* Child and Family Services Authority.

### Lakeland Centre for Fetal Alcohol Spectrum Disorder

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# Lakeland Centre for Fetal Alcohol Spectrum Disorder



Here are a few ways to help

# Here are a few ways you can help....

## EDUCATE YOURSELF AND OTHERS ABOUT THE RISKS OF DRINKING ALCOHOL WHILE PREGNANT.

If you know about the risks of drinking alcohol while pregnant do not be afraid to share this information in a non-judgmental and respectful way, especially with a woman who may be pregnant. You may be able to give her information that will help her make the decision not to drink during her pregnancy.



## MAKE A DIFFERENCE...

If someone has a problem with alcohol, especially a pregnant woman, it is an emergency and she needs your help (and so does her baby).

Often people don't ask for help out of shame or embarrassment.

You can reach out and be a friend. You can make a difference.

## A FEW THINGS TO REMEMBER...

Not everyone is going to listen.

It may be hard for you to understand why a woman continues to drink but remember that when people cannot stop drinking they have lost the ability to choose.

They do not need your judgment.

In order to help, reach out and gently guide them to where they can get help.

## HERE ARE SOME SUGGESTIONS FOR WHAT TO SAY TO A PREGNANT WOMAN WHO IS DRINKING ALCOHOL

"Did you know that alcohol can cause harm to you and your baby?"

"It is best not to drink at all during pregnancy. there is no safe limit for your baby."

"I know pregnancy can be stressful but drinking could cause permanent damage to your baby."

"Can I help or assist you –maybe you need more information."

## BE A FRIEND