

HFNY Safety Tips

Fetal Alcohol Spectrum Disorders (FASDs)

And Other Substances



Fetal Alcohol Spectrum Disorders (FASDs) are a group of lifelong conditions that can occur in individuals whose mothers consumed alcohol during pregnancy. This umbrella term encompasses a range of physical, behavioral, and intellectual disabilities. They are entirely preventable by abstaining from alcohol during pregnancy.

Tips for Pregnancy:



1. Zero Alcohol: Abstain from alcohol completely during pregnancy to eliminate the risk of FASDs.



2. Healthy Lifestyle: Maintain a balanced diet, exercise regularly, and attend prenatal check-ups for a healthy pregnancy.



3. Educate Yourself: Learn about the dangers of alcohol during pregnancy and spread awareness.



4. Prioritize Self-Care: Take time for relaxation, stress reduction, and activities that bring you joy. A positive maternal well-being contributes to a healthier pregnancy.

Tips for Caring for a Child with FASDs:



1. Structured Environment: Establish a consistent routine to provide predictability for the child.



2. Clear Communication: Use simple language, repetition, and visual aids to enhance understanding.



3. Minimize Distractions: Create a calm and quiet environment to reduce sensory overload.



4. Safety Measures: Childproof the living space, ensuring a safe environment for exploration.

5. Professional Support: Seek guidance from healthcare professionals and support groups for tailored assistance.

SOURCES: *Fetal Alcohol Spectrum Disorders (FASDs)*. (2023, September 1). Centers for Disease Control and Prevention.

<https://www.cdc.gov/ncbddd/fasd/index.html>

Alcohol use during pregnancy. (2023, October 3). Centers for Disease Control and Prevention.

<https://www.cdc.gov/ncbddd/fasd/alcohol-use.html>

American Pregnancy Association. (2021, December 9). *Fetal Alcohol Syndrome (FAS)*.

<https://americanpregnancy.org/healthy-pregnancy/pregnancy-complications/fetal-alcohol-syndrome/>

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