

Remember, it doesn't matter if it's beer, wine, or a mixed drink. It's still alcohol, and alcohol hurts sometimes kills children. Please don't drink if you're pregnant.



**Avoid
Alcohol
While you're
Pregnant!**



**For more information,
contact:**

National Organization
on Fetal Alcohol Syndrome
900 17th Street NW
Ste. 910
Washington, DC 20006
(202) 785-4585
1-800-66NOFAS
www.nofas.org

March of Dimes Birth Defects Foundation
1275 Mamaroneck Ave.
White Plains, NY 10605
(914) 428-7100
www.marchofdimes.com

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3636 Woodview Trace
Indianapolis, IN 46268-3196
(317) 875-8755

**DON'T
GAMBLE
WITH YOUR
CHILD'S
FUTURE**

You Share Your Drinks

If you're pregnant, you share all the alcohol you drink with your unborn baby. And your baby's body isn't old enough to cope.

Just a few drinks a week have caused miscarriages and stillbirths.

Other developing babies cope with one or two drinks on a regular basis. But they may be born underweight, undersize, with behavior problems. These are **Fetal Alcohol Effects**.

And some unborn babies regularly have to face four or five drinks at a time. They may be born with additional problems:

- small heads
- facial malformations
- nervous system problems
- heart, kidney, and joint defects

These problems are called **Fetal Alcohol Syndrome**.

Mental retardation, growth deficiency, poor coordination, and behavior problems will be their legacy as they get older.



Stop Now!

If you even think you might be pregnant, don't drink!

If you have been drinking, please stop!
You can still help your baby.

Doctors don't know why the effects of a mother's drinking vary from baby to baby. They do know that the more you drink, the more you're gambling with your baby's life.

Stay Dry with the Baby

As long as you nurse your baby, stay away from drinking. Because the alcohol you drink will end up in your milk.

In countries around the world, among the rich and the poor anywhere humans

consume alcohol there are children born damaged by alcohol.

Studies in three countries indicate that as many as 1 in 1,000 infants is born with Fetal Alcohol Syndrome. Up to 10 times that number are born with Fetal Alcohol Effects.

In the United States alone, the annual treatment costs for everyone with FAS infants, children, and adults was estimated to be more than \$1.4 billion in 1980. Estimated productivity losses were another half billion dollars.

The institutional and medical costs for one child with Fetal Alcohol Syndrome are estimated to be \$1.4 million over a lifetime.

More shocking than all of these statistics is one encounter with a child who is half the size he should be and has a small head, flattened face, and only one ear. An IQ of 65.

Imagine that boy. Then, remember that he would be normal if his mother had avoided alcohol.