Babies exposed to alcohol before they are born can have Fetal Alcohol Spectrum Disorders (FASD) or Fetal Alcohol Syndrome (FAS).

What Causes FASD?
FAS and FASD are caused by the mother drinking alcohol during pregnancy.

Some Facts About FASD:
Alcohol causes more damage to the developing baby’s brain than any other substance.

FASD is the leading cause of developmental disabilities and mental retardation. If you are pregnant or planning to get pregnant, remember no amount of alcohol is safe for your baby.

FASD is 100% preventable if a woman does not drink alcohol while she is pregnant.

Use of alcohol, tobacco, and/or other drugs at any time during pregnancy can have lifelong effects on a child, such as:
- brain damage
- poor coordination
- inability to learn
- hyperactivity
- facial deformities
- mental retardation
- physical deformities
- behavioral problems

Affected children may:
- Require special medical attention, special education and/or lifelong supervision
- Be at higher risk for substance abuse
- Be at higher risk for premature death

If you are pregnant or are planning to become pregnant: Drinking any type of alcohol, smoking (cigarettes, marijuana), and/or using illegal drugs can impact a baby’s health even before it’s born.

Half of all pregnancies are unplanned: Even if you are only thinking of getting pregnant, talk to your doctor to discuss your health options now.

When you are pregnant: Drinking any type of alcohol, smoking (cigarettes, marijuana), and/or using illegal drugs can be harmful to a baby.
Moms and babies both deserve to be healthy.

Learn about the potential health risks of substance use during pregnancy to both you and your unborn baby.

You are not alone. Help is available!

For more information, call the Maine Substance Abuse and Mental Health Services Information & Resource Center

1-800-499-0027
TTY: 711 (Maine Relay)
e-mail: osa.ircosa@maine.gov

Plan Ahead: Help your baby get a healthy start in life.

Learn about the health risks of alcohol and other substance use during pregnancy.

1-800-499-0027
TTY: 711 (Maine Relay)

Substance Abuse and Mental Health Services
An Office of the Department of Health and Human Services

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This notice is available in alternate formats, upon request.