

The Effects of

Alcohol

during

Pregnancy

There is no known safe amount of alcohol use during pregnancy or while trying to get pregnant. All alcohol is harmful, including wine, beer and mixed drinks.

- Centers for Disease Control and Prevention



Alcohol can cause problems for a developing baby throughout pregnancy, even before a woman knows she's pregnant and during the last trimester.

Alcohol use during pregnancy can cause miscarriage, stillbirth and a range of lifelong disabilities. These disabilities are known as fetal alcohol spectrum disorders and can affect a baby's physical, behavioral and intellectual development.

It's never too late to stop drinking. Doctors can provide advice to parents who have concerns. There are many resources in Texas if a woman is having trouble with stopping and needs help.

An alcohol-free pregnancy is the best option for a developing baby. If alcohol was used during pregnancy, parents can talk to their child's doctor to monitor their baby's growth and development. Texas has many resources to help children who experience developmental delays or other issues that may be associated with fetal alcohol spectrum disorders.



TEXAS
Health and Human
Services

Find Substance Use Treatment Services

To find treatment or immediate and confidential help 24/7, contact the outreach, screening, assessment and referral center in your area. Regardless of ability to pay, Texas residents seeking substance use disorder services may qualify for services based on need.

hhs.texas.gov/osar
2-1-1 or 877-541-7905



Information on Fetal Alcohol Spectrum Disorder

Office of Disability Prevention for Children
hhs.texas.gov/disability-prevention 512-462-6392



Centers for Disease Control and Prevention
cdc.gov/fasd
800-CDC-INFO

National Organization on Fetal Alcohol Syndrome
nofas.org
800-66-NOFAS (66327)

March of Dimes
marchofdimes.com

Resources for Children with FASD

NavigateLifeTexas.org has information and resources for kids with disabilities and special needs.

Early Childhood Intervention helps families with children 2 and younger with developmental delays, disabilities or certain medical conditions. Learn more at hhs.texas.gov/eci or call the HHS Office of the Ombudsman at **877-787-8999**, select a language, then select Option 3.