

# Foetal Alcohol Spectrum Disorder

When I am pregnant my baby is growing inside me.

Say **NO** to drinking alcohol and **YES** to having a happy, healthy baby.

If I drink alcohol while I'm pregnant my baby drinks alcohol too.

I want my baby to be healthy.

Drinking alcohol while my baby is growing in my tummy will hurt my baby's brain.

I choose not to drink alcohol.

This is called Foetal Alcohol Spectrum Disorder.

This will hurt my baby for life.



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