

# Decisions your patients make **now** about alcohol consumption may lead to a **lifetime of consequences**.

Tell her that **NO AMOUNT OF ALCOHOL USE** is safe during pregnancy.  
You can help prevent Fetal Alcohol Spectrum Disorders (FASD).

Among the more severe effects for children with a FASD are:

- developmental disabilities;
- physical health problems;
- learning disabilities;
- attention problems;
- hyperactivity;
- poor impulse control; and
- social, language, and memory difficulties.

[www.aap.org/fasd](http://www.aap.org/fasd)

