

FASD Prevention for Partners

What can partners do together during pregnancy planning?



Fetal Alcohol Spectrum Disorder

Also known as FASD, is a neurodevelopmental disability that occurs as a result of exposure to alcohol in-utero.

FASD is Prevalent in North America

Estimates suggest that FASD affects 4% of the general population in Canada, making it more common than autism, cerebral palsy, and down syndrome combined.

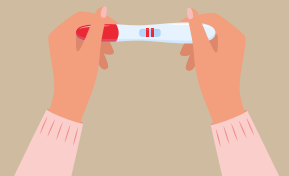


FASD Exists Side-by-Side Alcohol

FASD is known throughout every region that engages with alcohol use. In Canada, over 75% of the population over the age of 19 consume alcohol.

50% of Pregnancies are Unplanned

Approximately half of pregnancies in Canada are unplanned. Combined with the high rate of alcohol consumption, many people consume alcohol before they know they are pregnant.



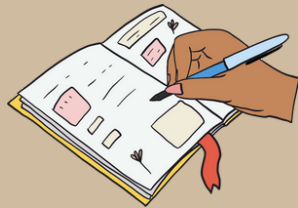
Alcohol Use and FASD Prevention

The only certain way to avoid FASD is to avoid alcohol during the duration of pregnancy. This can be challenging because most people are at least 6-weeks gestation before pregnancy is confirmed.



1. Press 'Pause' on Alcohol

If you or your partner are thinking about pregnancy, consider implementing a 'pause' on consuming alcohol before you start trying.



2. Track and Check

If you are trying to conceive, track your menstrual cycle and use ovulation kits or a pregnancy test when needed.

3. Alcohol Should Not be a Tool

Alcohol is sometimes used as a tool to deal with painful or traumatizing situations. If you use alcohol in this way, consider discussing it with your health care provider, a trusted friend, or support group option.



4. Think About Support

Think about how alcohol use impacts your overall mental and physical health. Try to make changes that improve your overall wellness and seek support if needed..

5. Practice Mindful Consumption

Rather than drinking out of habit, reflect on whether you want to drink and why, and if these reasons are the same every time you drink.

