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Alcohol & Pregnancy

Alcohol impacts a developing fetus differently throughout pregnancy, depending on **when** it is consumed and **how much** is consumed. What is **developing** at the **time** of **consumption** is what may be **affected**.

Central Nervous System
Weeks 3-Full Term

Ears
Weeks 4.5-20

Eyes
Weeks 4.5-Full Term

Teeth
Weeks 6.5-Full Term

Heart
Weeks 3.5-9

Palate
Weeks 6.5-16

Lower Limbs
Weeks 4.5-9

Upper Limbs
Weeks 4.5-9

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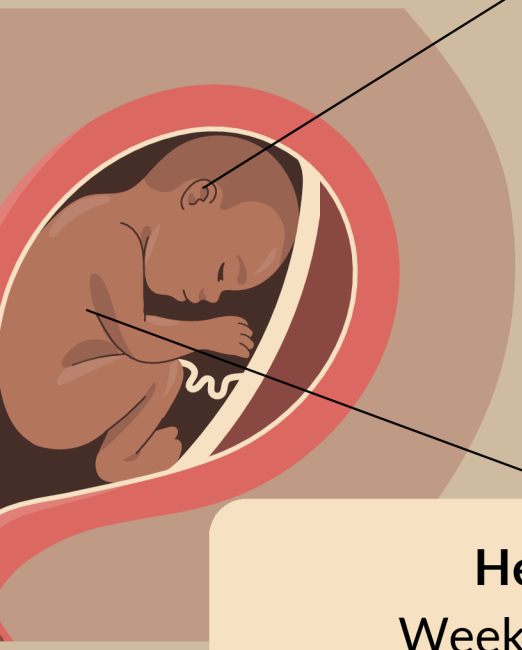
Ears
Weeks 4.5-20



For example, **ears** develop between **weeks 4.5-20**, so if alcohol is consumed during those weeks, the ears **may** be affected.

Heart
Weeks 3.5-9

The **heart** develop between **weeks 3.5-9**, so if alcohol is consumed during those weeks, the heart structures **may** be affected.

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Brain
Weeks 3.5 - 40

The **brain** develops throughout the **entire pregnancy**, so **any alcohol** consumed during pregnancy may affect the brain at any point.

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Alcohol & Pregnancy

There is **no known safe time, no safe type**, and **no safe amount** of alcohol to consume alcohol while pregnant.

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