

find out more at:

www.embarazadasceroalcohol.es



www.mpsi.es

**IF YOU'RE
PREGNANT,
THERE'S NO
EXCUSE
TO HAVE A
DRINK**

**Because it's your birthday.
Because it's been a long day.
Because it's your anniversary.
Because everyone does it.
Because it's your friend's
leaving party.
Because you've just been
promoted.
Because it would be rude not to.
Because of your family.**

**THE ONLY SAFE AMOUNT OF ALCOHOL
IS NO ALCOHOL**





Drinking alcohol before conception, during pregnancy and whilst breastfeeding can seriously affect your baby's development as they directly absorb everything that you eat and drink.

IF YOU DRINK, SO DOES YOUR BABY

Drinking alcohol can have a toxic effect on your baby's brain, especially during those stages of life when growth and development hasn't yet finished: embryonic and foetal periods, and infancy and adolescence.

During gestation, alcohol reaches the foetus via the placenta. During breastfeeding, small amounts of alcohol pass into breast milk and reach your baby, which may cause irreparable damage.

Scientists cannot guarantee a safe level of alcohol consumption. The only safe level is zero.

Looking after your baby's health starts with looking after yours and getting into good habits that reduce any risk.

WHEN IT COMES TO ALCOHOL, THERE'S NO SUCH THING AS A SMALL AMOUNT

Don't think about what is and isn't a lot: any amount is too much. The slightest amount of alcohol consumed during this period can cause changes in embryonic development and increase the risk of miscarriage. Alcohol is a direct cause of Foetal Alcohol Syndrome, which is the most common cause of non-genetic, and therefore avoidable, mental retardation.

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ZERO CONSUMPTION IS EVERYONE'S PROBLEM

Couples, family, friends and colleagues at work all play an extremely important role when it comes to reducing alcohol consumption in pregnant women to zero. They must be just as responsible as she is and support her and her situation at every opportunity by helping her to avoid alcohol. A baby's proper development is a responsibility that must be assumed by the mother-to-be as well as those around her.

