



Young Children  
**PRIORITY ONE**

Remember, it doesn't matter if it's beer, wine, or a mixed drink. It's still alcohol, and alcohol hurts—sometimes kills—children. Please don't drink if you're pregnant.

For more information, contact:  
US National Organization on Fetal Alcohol Syndrome  
1815 H Street NW, Suite 750  
Washington, DC 20006  
(202) 785-4585

March of Dimes Birth Defects Foundation  
1275 Mamaroneck Ave.  
White Plains, NY 10605  
(914) 428-7100

*Distributed as part of the Kiwanis International service program Young Children: Priority One.*



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**Avoid alcohol  
while you're  
pregnant!**

**Don't Gamble  
With Your  
Child's Future**

## You Share Your Drinks

If you're pregnant, you share all the alcohol you drink with your unborn baby. And your baby's body isn't old enough to cope.

Just a few drinks a week have caused miscarriages and stillbirths.

Some developing babies cope with one or two drinks on a regular basis. But they may be born underweight, undersize, and with behavior problems. These are fetal alcohol effects.

And some unborn babies regularly have to face four or five drinks at a time. They may be born with additional problems:

- small heads
- facial malformations
- nervous system problems
- heart, kidney, and joint defects

These problems are called fetal alcohol syndrome (FAS).

Mental retardation, growth deficiency, poor coordination, and behavior problems will be their legacy as they get older.

## Stop Now!

If you even think you might be pregnant, don't drink!

If you have been drinking, please stop! You can still help your baby.

Doctors don't know why the effects of a mother's drinking vary from baby to baby. They do know that the more you drink, the more you're gambling with your baby's life.

## Stay Dry with the Baby

As long as you nurse your baby, stay away from drinking, because the alcohol you drink will end up in your milk.

## Shocking Statistics

In countries around the world, among the rich and the poor, and anywhere humans consume alcohol, there are children born damaged by alcohol.

Studies in three countries indicate that as many as 1 in 1,000 infants is born with fetal alcohol syndrome. Up to 10 times that number are born with fetal alcohol effects.

In the United States alone, the annual treatment costs for everyone with FAS infants, children, and adults was estimated to be more than \$1.4 billion in 1980. Estimated productivity losses were another half billion dollars.

The institutional and medical costs for one child with Fetal Alcohol Syndrome are estimated to be \$1.4 million over a lifetime.

More shocking than all of these statistics is one case of a child who is half the size he should be and has a small head, flattened face, only one ear, and an IQ of 65.

Imagine that boy. Then, remember that he would be normal if his mother had avoided alcohol.

