

## who we are

The Minnesota Organization on Fetal Alcohol Syndrome (MOFAS) is the only statewide source for information, resources and support for Fetal Alcohol Spectrum Disorders.

## our mission

The mission of MOFAS is to eliminate disability caused by alcohol consumption during pregnancy and to improve the quality of life for those living with Fetal Alcohol Spectrum Disorders throughout Minnesota.

## our vision

A world in which women do not drink alcohol during pregnancy and people living with Fetal Alcohol Spectrum Disorders are identified, supported, and valued.

## how to contact us

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what women  
need to know  
about drinking  
alcohol during  
pregnancy

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Celebrating alcohol-free pregnancies.

[mofas.org](http://mofas.org)

## five things you should know about drinking alcohol during pregnancy:

1. Drinking alcohol during pregnancy can cause your baby to be born with serious brain damage. This condition, called Fetal Alcohol Spectrum Disorders, or FASD, can cause problems in how your child grows, learns, looks and acts. These problems last a lifetime.
2. There is no safe **kind** of alcohol to drink when you are pregnant. All types of alcohol – even wine, wine coolers, and beer can hurt your unborn baby.
3. There is no safe **amount** of alcohol to drink while you are pregnant. Any alcohol can be harmful to your baby.
4. There is no safe **time** to drink alcohol during pregnancy. Alcohol can harm your baby at any time during pregnancy. It can cause problems in the early weeks of pregnancy before you may even know you are pregnant.
5. FASD is the number one known cause of mental retardation, yet it is 100% preventable – if you don't drink alcohol while you are pregnant.

## what if I drank before I knew I was pregnant?

About half of all pregnancies are unplanned, and many women do not know they are pregnant until they've missed at least one or two periods.

- The best thing to do when you find out you are pregnant is to stop drinking alcohol. The sooner you stop drinking, the better it will be for both you and your baby.
- Make sure you get regular prenatal checkups and tell your doctor or nurse you have been drinking.

## what if I need help to stop drinking?

While avoiding alcohol use during pregnancy may seem like a simple action to some, it is not always that easy for everyone. This is especially true if you are struggling with an alcohol addiction. Some individuals need extra help to stop using alcohol when they are pregnant.

- Help is available. Talk to your medical provider. There are many alcohol treatment centers here in Minnesota that can help.
- Links are available on the MOFAS website at [www.mofas.org](http://www.mofas.org).
- It's not too late. Even if you have tried to stop drinking before, try again. Don't give up.

**No alcohol is the best and safest choice for having a healthy baby.**