



No amount of alcohol at any stage of pregnancy is safe for your baby

There is a lot of misleading information about alcohol during pregnancy. The fact is, any time alcohol is consumed it passes to the baby. The only way to completely avoid conditions like foetal alcohol spectrum disorders (FASD) and foetal alcohol syndrome (FAS) is by choosing an alcohol-free pregnancy.

For tips on an alcohol-free pregnancy visit **AskAboutAlcohol.ie**