



Alcohol Free Holidays for Baby and Me

It's the holiday season. Time for family, friend and co-worker get togethers. Time for holiday traditions. For many people alcohol is a part of the holidays...a cup of eggnog at the company party, a glass of wine to relax after a long day of shopping, a new year's toast with a glass of champagne.

But wait...what if you're pregnant or may be pregnant? We want to share some important facts regarding alcohol use and pregnancy. * Prenatal alcohol use is associated with an increased risk of miscarriage, stillbirth, prematurity, and sudden infant death syndrome. * A developing baby's alcohol exposure can reach the same level as the mother's during pregnancy. * Alcohol can harm a developing baby *during the entire 9 months* of pregnancy and result in lifelong attention, behavior, learning and social skills deficits. * These lifelong disabilities are known as fetal alcohol spectrum disorders (FASDs).

The American College of Nurse-Midwives; American College of Obstetricians and Gynecologists; American Academy of Pediatrics; Association of Women's Health, Obstetric, and Neonatal Nurse; and National Association of Nurse Practitioners in Women's Health all agree **there is no known safe amount, no safe time, and no safe type of alcohol during pregnancy.**

If you are or may be pregnant here are a few tips to plan for an alcohol-free holiday season:

Stress management

You just had a somewhat stressful day of shopping. The stores were crowded, you couldn't find the perfect gift for that special someone, and your feet hurt. Now you are home and just want to relax. Consider taking a relaxing bath with candles and soft music instead of reaching for the wine glass. Or curl up with a good book and a cup of hot chocolate. Watch your favorite holiday movies. Are your feet still hurting? Ask someone for a foot massage.

Holiday socializing

It's time for that New Year's Eve party with special friends. You know that cocktails and champagne are traditionally included in the celebration. How do you ring in the new year? Plan ahead. Share some mocktail (non-alcoholic cocktail) recipes with the host of the party. Bring a bottle of non-alcoholic champagne with you. Drink your non-alcoholic beverages in wine, cocktail, or champagne glasses. Volunteer to be the designated driver.

Support from others

Get support from your significant other, friends, and family. You may want to share with them what you know about FASD. Ask your partner to stop using alcohol to support you during the pregnancy.

If you are pregnant or trying to get pregnant and cannot stop drinking, get help. Contact your healthcare provider, a local Alcoholics Anonymous, or local behavioral health treatment facility.

Spread the word!

Talk to your daughters, spouses, nieces, granddaughters – any loved one who is pregnant or may be pregnant. Tell them alcohol is a teratogen and **there is no known safe amount, no safe time, and no safe type of alcohol during pregnancy.** Help them have an alcohol-free pregnancy.

Resources for more information

FASDs Information for Women: Five Things You Should Know about Drinking Alcohol during Pregnancy

www.cdc.gov/ncbddd/fasd/women.html

Is Someone Special Having a Baby?

www.acog.org/-/media/Department-Publications/SomeoneHavingABaby.pdf?la=en