

Fetal Alcohol Spectrum Disorder (FASD)

- **NO SAFE TIME**
- **NO SAFE AMOUNT OF ALCOHOL IN PREGNANCY**



The hidden disability...

Under 10% of those with FASD are diagnosed – many are mis-diagnosed

Fetal Alcohol Spectrum Disorder (FASD)

is a lifelong disability that affects the brain and body of people who were exposed to alcohol in the womb. The pattern of brain damage is unique to each person with FASD. All people with FASD have both strengths and challenges, and will need support in many different parts of their daily lives.

FASD-CAN Inc is a registered charity that's here to help all those affected by FASD. We inform, educate, support, advocate, raise awareness and connect. Find us online here:
WWW.FASD-CAN.ORG.NZ

The Growing Up in NZ (GUINZ) study revealed that up to

50%

of births in Aotearoa are unplanned.

HOW COMMON IS FASD?

According to the Ministry of Health, 3-5% of tamariki born every year in Aotearoa could be born with FASD. That's 1800-3000 a year, or about 8 babies a day. Up to 60,000 children under 18 may be currently affected.

FASD is 2.5 x more common than autism – and more prevalent than cerebral palsy, Down syndrome and autism **combined**.

EARLY INTERVENTION IS CRUCIAL

If FASD is not understood and supports are not put in place early, secondary challenges may occur: poor mental health, substance misuse, social difficulties, involvement with justice and challenges with independent living as adults.

How can you support people with FASD?

- *Learn more about it*
- *Understand behavioural symptoms*
- *Correct any misinformation*
- *Avoid blame and end stigma*



MYTHBUSTERS

- Less than 10% of those affected by FASD have distinct facial features
- Less than 20% of those affected have a low IQ
- People with FASD can be clever, creative, outgoing, empathetic and kind.
 - Because support for those with FASD in Aotearoa is so limited many whānau face financial and mental health problems.
- The behavioural symptoms of FASD can seem wilful or naughty – but these are symptoms of brain differences, not poor parenting.
- We believe no mother ever harms her baby intentionally.

With shared strength, guidance and wisdom, those with FASD can grow and achieve | WWW.FASD-CAN.ORG.NZ



FASD-CAN
Fetal Alcohol Spectrum Disorder
Care Action Network

