



## INTERNATIONAL FASD AWARENESS DAY: 09/09/2026

Every year on 09/09, landmarks around Aotearoa NZ and across the world light up in **RED** for Fetal Alcohol Spectrum Disorder (FASD).

September 9 represents the nine months of pregnancy and the importance of alcohol-free pregnancies for healthy pēpi.

### What is FASD?

Fetal Alcohol Spectrum Disorder is a lifelong neurodevelopmental disability caused by exposure to alcohol before birth. Alcohol can cause lifelong challenges in both brain and body. There is NO safe time and NO safe amount of alcohol in pregnancy. People with FASD have both strengths and challenges, but support makes a very positive difference.

The global theme for FASD Awareness Month 2026: **FASD – it takes a community.**  
**Ka whai wāhi ngā tangata katoa / everyone plays a part.**

Our families can't do this alone. People with FASD need informed and supportive whānau, schools, iwi, health services, workplaces, communities – and friends who understand.

**FASD-CAN Aotearoa** provides trusted information with lived experience; advocacy, training, resources and support for people with FASD, professionals, caregivers and whānau.



## INTERNATIONAL FASD AWARENESS DAY: 09/09/2026

Every year on 09/09, landmarks around Aotearoa NZ and across the world light up in **RED** for Fetal Alcohol Spectrum Disorder (FASD).

September 9 represents the nine months of pregnancy and the importance of alcohol-free pregnancies for healthy pēpi.

### What is FASD?

Fetal Alcohol Spectrum Disorder is a lifelong neurodevelopmental disability caused by exposure to alcohol before birth. Alcohol can cause lifelong challenges in both brain and body. There is NO safe time and NO safe amount of alcohol in pregnancy. People with FASD have both strengths and challenges, but support makes a very positive difference.

The global theme for FASD Awareness Month 2026: **FASD – it takes a community.**  
**Ka whai wāhi ngā tangata katoa / everyone plays a part.**

Our families can't do this alone. People with FASD need informed and supportive whānau, schools, iwi, health services, workplaces, communities – and friends who understand.

**FASD-CAN Aotearoa** provides trusted information with lived experience; advocacy, training, resources and support for people with FASD, professionals, caregivers and whānau.

