

**WIGWAM**  
ZERO



**Zero alcohol.  
Zero risk.**

**Alcohol during pregnancy  
can harm your child.  
Say NO to alcohol now.**

## »» What can happen if you drink alcohol during your pregnancy?

- The alcohol flows directly into the bloodstream of your unborn child.
- Your baby cannot break down the alcohol. It is affected by the alcohol for longer than you are.
- The alcohol has an effect on your baby's growth and the development of its organs. Above all, the development of the brain is influenced by alcohol consumption.

## »» What are fetal alcohol spectrum disorders?

The term fetal alcohol disorder refers to a wide range of disabilities and health problems in babies that can result from the consumption of alcohol during pregnancy.

## »» Who is at risk?

Not only women with alcohol dependencies give birth to children suffering from fetal alcohol damage. Alcohol consumption in any form, whether occasional or regular, poses a risk for your unborn child. Beer, wine and drinks with high alcohol percentages do not differ in terms of their effect on your baby.

## »» What can you do now?

**The safest thing for your baby is for you to abstain from alcohol completely during your pregnancy.**

### **Do you have questions or need support?**

We offer help and support - anonymous, free of charges and confidential! Just call our hotline or write us an e-mail.

## Contact details

**WIGWAM ZERO** Prevention • Information • Advising  
For an alcohol-free pregnancy

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