

On the 9th minute
Of the 9th hour
Of the 9th day
Of the 9th month

(every year)

we ask the world

to CELEBRATE LIFE!

&

- **to remember** that **alcohol** can be damaging to the baby during the 9 months of pregnancy.
- **to remember** the millions of people worldwide who will struggle lifelong with intellectual and/or physical disabilities caused by prenatal alcohol exposure.
- **to remember** that by working together we can prevent Fetal Alcohol Spectrum Disorders (FASD) in New Zealand.

www.fasday.com

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KIA ORA & GREETINGS!

EVERY DAY, EVERY YEAR &
EVERYWHERE is FASD Awareness
Day!

- Fetal Alcohol Spectrum Disorder (FASD) is what can happen to a baby when a mother drinks alcohol during pregnancy.
- FASD can range from subtle learning, memory and behaviour problems, through to full Fetal Alcohol Syndrome (FAS) including birth defects, growth retardation and brain damage.
- There is **no** known safe amount of alcohol to drink while pregnant and **no** safe time either, which is why the best advice is to avoid alcohol during this important time.

For more information please contact:
Christine Rogan at Alcohol Healthwatch
P: (09) 520 7037
E: christine@ahw.co.nz
or **Fialauia Toailoa** at Pacificare Trust
P: (09) 279 8030
E: fialauia@pacificare.co.nz

FASD is for life!

FASD is 100% preventable!

**SEPTEMBER 9: is a reminder that
“Everyone is part of the solution”**

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