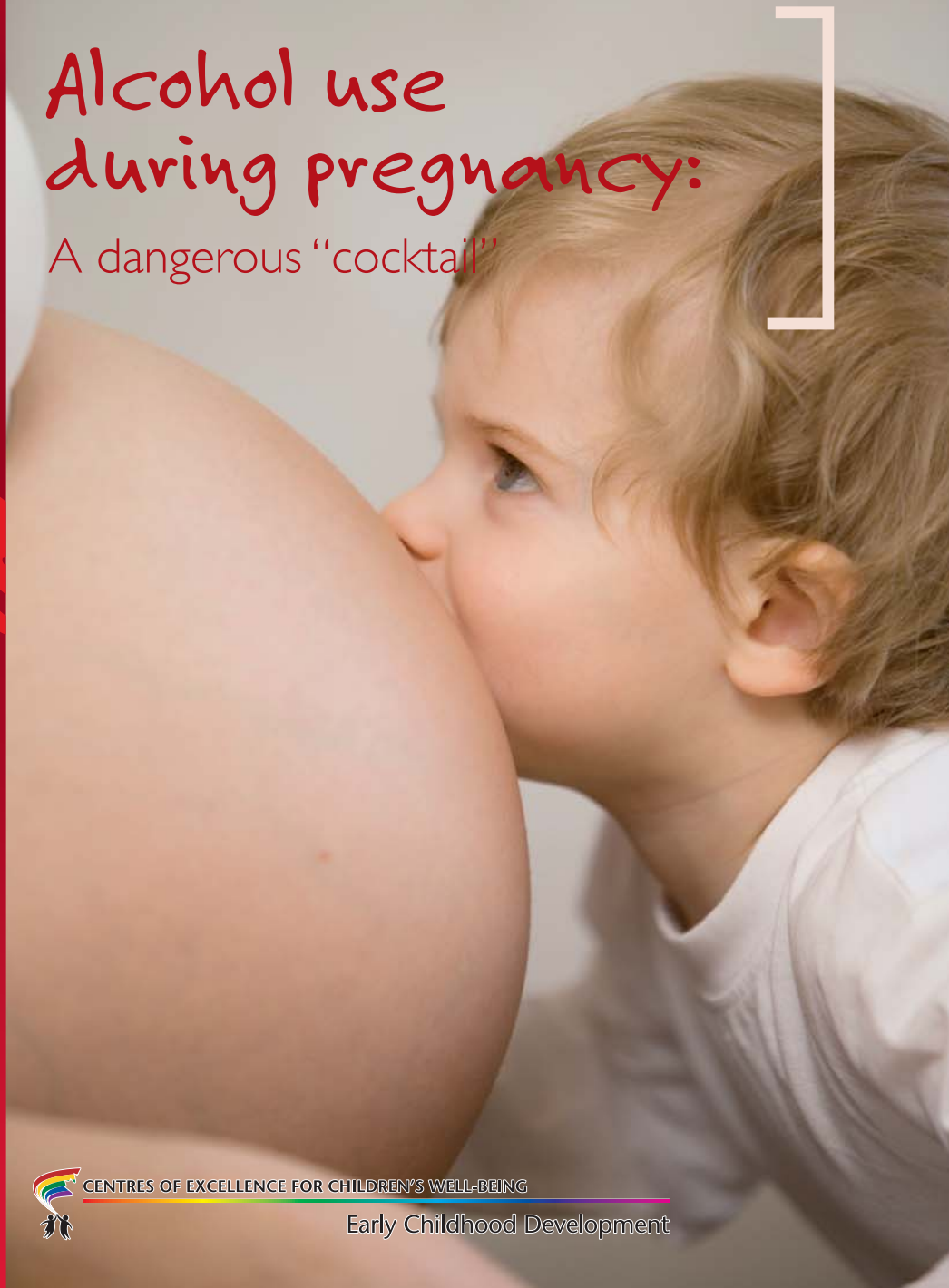


Eyes on



Alcohol use during pregnancy:

A dangerous “cocktail”



PARENTS



CENTRES OF EXCELLENCE FOR CHILDREN'S WELL-BEING

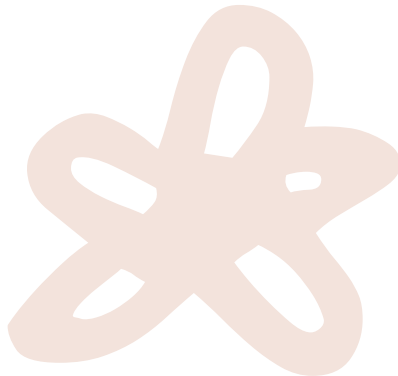
Early Childhood Development



“These children may also have difficulty managing their emotions and developing good social skills.”

What do we know?

- The many negative effects of alcohol consumption during pregnancy are increasingly well known and affect about one in 100 children in Canada.
- Frequent consumption of alcohol during pregnancy can lead to complex health and developmental problems in children including physical malformations, delayed growth, as well as severe intellectual and behavioural problems.
- Consuming large amounts of alcohol by day (approximately 5 or more drinks) during pregnancy, even only occasionally, can have serious negative effects on the growth of children, and their visual and brain development.
- These children may have difficulty paying attention or planning a task and they may have special difficulty with subjects such as arithmetic.
- These children may also have difficulty managing their emotions and developing good social skills.



Paying attention to...

What can be done?

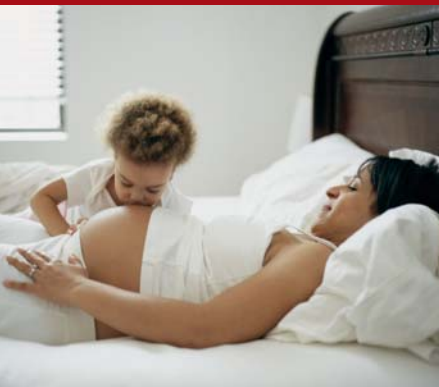
... alcohol consumption during pregnancy, which can harm a child's development.

- Avoid alcohol completely during pregnancy.
- Consult a health professional if you have consumed alcohol while pregnant.
- Ask for help from a professional if you find it hard to stop drinking.

... the reality that it can be demanding to parent a child suffering from the negative effects of alcohol.

- Accept help provided by the healthcare system to support you.
- See a professional if you are worried about your child's development in order to get the appropriate care and services for his/her optimal development.





Information

The Centre of Excellence for Early Childhood Development identifies and summarizes the best scientific work on the social and emotional development of young children. It disseminates this knowledge to a variety of audiences in formats and languages adapted to their needs.

For a more in depth understanding of the effects of alcohol use during pregnancy, consult our experts' articles in the Encyclopedia on Early Childhood Development, available free of charge at www.child-encyclopedia.com.

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