

What is Fetal Alcohol Spectrum Disorder (FASD)?

FASD is an umbrella term describing a range of conditions and disabilities that can occur in an individual whose mother drank alcohol during pregnancy. While the effects of FASD can be life long, the good news is that it is the only birth defect that is 100% preventable.

Prenatal exposure to alcohol at any time during pregnancy can alter the development of the baby's brain.

Symptoms of FASD can emerge as the child grows up and can impact behavior, learning, communicating, vision and hearing.

Only trained professionals can make a diagnosis. FASD is often misdiagnosed because many of the characteristics look the same as other mental health disorders.

Experts estimate that the full range of FASDs among 6-7 year old children might be as high as 2 to 5 out of 100 school children (or 2% to 5% of the population).

www.cdc.gov

National Center on Birth Defects and Developmental Disabilities Division of Congenital and Developmental Disorders

Avoid drinking alcohol if you plan on getting pregnant, suspect you may be pregnant, or know you are pregnant. If you learn you are pregnant and have already used alcohol, eliminating ongoing use during your pregnancy can lead to reduced risk of your baby having FASD.

If you or someone you know is struggling with alcohol or drug misuse, call 1-800-563-4086 or go to drugfreet.org for information and referrals.

If you would like more materials on FASD or NAS contact the Connecticut Clearinghouse.
info@ctclearinghouse.org

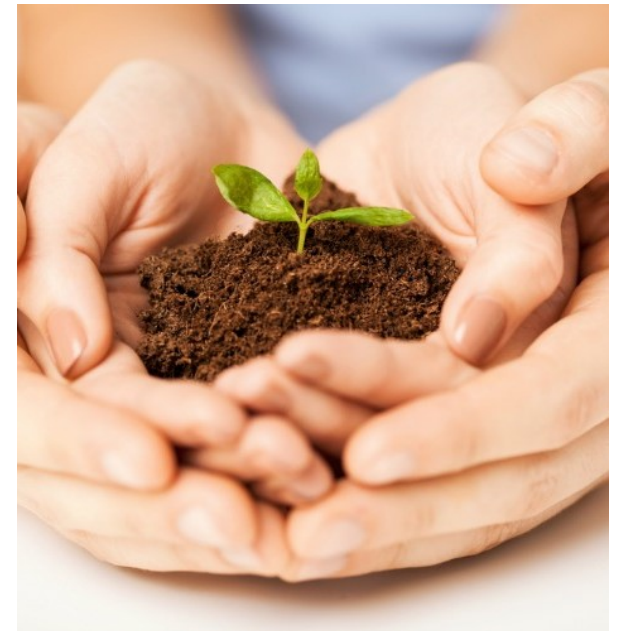
Connecticut
Departments of Children and Families
&
Connecticut
Mental Health and Addiction Services



Connecticut Clearinghouse
334 Farmington Ave.
Plainville, CT 06062

Neonatal Abstinence Syndrome and Fetal Alcohol Spectrum Disorders

Resource Guide for Parents & Caregivers



What is Neonatal Abstinence Syndrome (NAS)?

NAS is a group of symptoms caused when a newborn baby has been exposed to opioids, or other drugs, in the womb before birth. These drugs pass through the placenta during pregnancy.

Once the baby is born, withdrawal symptoms may become visible, usually within the first three days of life. Every baby is different and may require different interventions. The medical team, in partnership with the baby's mom, will provide the appropriate care to help the baby safely recover.

If a woman has an opioid use disorder, Medication Assisted Treatment (MAT) may be a helpful resource. It can help mom enter into recovery, support baby safely during pregnancy and lead to the best possible outcomes for the family after delivery.

NAS Resources

- ◆ adoption.com/what-you-need-to-know-about-adopting-a-child-with-neonatal-abstinence-syndrome
NAS and adoption
- ◆ marchofdimes.org/advocacy/neonatal-abstinence-syndrome.aspx
NAS fact sheet
- ◆ mothertobaby.org/fact-sheets/heroin/
NAS fact sheet

Fetal Alcohol Spectrum Disorders Resources

Comprehensive Resources for Parents and Caregivers of a child with FASD.

- ◆ fasstar.com
Fetal Alcohol Syndrome: Support, Training, Advocacy and Resources
- ◆ nofas.org
National Organization of Fetal Alcohol Syndrome
- ◆ ctclearinghouse.org
Connecticut Clearinghouse

Additional Resources

- ◆ birth23.org
Birth to Three: Provides developmental evaluations of young children.
- ◆ cdc.gov/ncbddd/fasd
A comprehensive online resource for parents/caregivers of a child with FASD.
- ◆ health.hawaii.gov
Booklet for parents and caregivers of children with FASD, ages 3-12 years.
- ◆ kidshealth.org/en/parents/fas
Fetal Alcohol Syndrome
- ◆ proofalliance.org
Raising children with FASD guide.
- ◆ nofasd.org.au
FASD characteristics across the lifespan.
- ◆ ct.gov/dmhas
Learn more about treatment for mental health, substance use disorders and MAT.
- ◆ ctaddictionservices.com
DMHAS real-time bed availability for substance use disorder treatment.

Resources on Additional Substances

Tobacco

- ◆ cdc.gov/tobacco/basic_information/s
Health effects of smoking and secondhand smoke.
- ◆ mombaby.org
Secondhand smoke and newborns.
- ◆ nofas.org
Prenatal exposure to tobacco, marijuana, opioids and other substances.

Marijuana

- ◆ cdc.gov/marijuana/fact-sheets
What you need to know about marijuana use and pregnancy.
- ◆ drugabuse.gov/publications/research
Can marijuana use during pregnancy harm the baby?
- ◆ marchofdimes.org/pregnancy/marijuana.aspx
Pregnancy and marijuana.

