

## Introduction

**Pregnancy is one of the most important times for a woman to be healthy, both to protect her baby, and to prepare herself for the life-changing event of having a child. This informative program highlights the effects of alcohol on an unborn baby, living an alcohol-free lifestyle, and how to know when to get help. As viewers watch this program, they will be motivated by the encouraging, research-based information presented, to make healthy choices during their pregnancies.**

This program will benefit pregnant teens and women who are in childbirth classes, who are part of a nurse home-visit program, or who are in treatment for substance-abuse issues. This video is also appropriate for middle schools and high schools, general childbirth and prenatal health classes, WIC clinics, military family programs, and libraries.

## Program Segments

### Chapter 1: Your Unborn Baby (4 minutes)

- Illustrates how alcohol affects the fetus (using 3D animation)
- Shows how drinking can affect the baby's brain, facial characteristics, and behavior
- Includes short interview with foster mother of children with Fetal Alcohol Syndrome (FAS)
- Teaches that these disorders are 100 percent preventable

### Chapter 2: The Alcohol-free Lifestyle (2 minutes)

- How to move away from the party lifestyle during pregnancy
- Breastfeeding and alcohol: recommendations
- Avoiding alcohol if you are not pregnant, but could become pregnant
- Father support in living alcohol-free

### Chapter 3: Knowing Your Risk & Getting Help (3 minutes)

- Risks of parenting with a drinking problem
- How to recognize a problem with substance abuse
- Where and how to seek help



## Suggested Facilitator Presentation

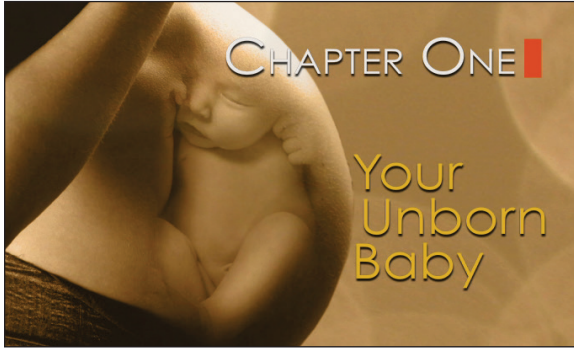
- 1 Review the video and facilitator's guide
- 2 Present the video in segments or all at once
- 3 Ask discussion questions
- 4 Wrap up with handout (*Review*). You can have viewers read their answers out loud, or go over their answers one on one
- 5 Address any final questions, and offer resources for getting help



## Discussion Questions After Viewing

Ask the following questions in combination with your own questions to stimulate discussion after viewing each chapter.

### Chapter 1: Your Unborn Baby



**1.** Name some possible consequences to a child who was exposed to alcohol during pregnancy. (Facilitator can write them on a white board or flip chart as the viewers call them out.)

- Low birthrate
- Physical birth defects
- Learning and behavior problems
- Slower development
- Mental retardation
- Infant death

**2.** How do you think Fetal Alcohol Syndrome (FAS) could affect a person's life?

- Speech and communication difficulties
- Can't balance a checkbook/manage money
- Hard to tell time and/or be on time

### Chapter 2: The Alcohol-Free Lifestyle



**1.** What are some alternatives to the party lifestyle?

- Hang out with supportive friends who will not tempt you to drink
- Do things unrelated to drinking, such as shopping, seeing a movie, or going out to eat

- Take your own non-alcoholic drink if you go to a party and leave at a set time
- Find new friends by checking out a hobby you've always been curious about or returning to an old one
- Engage in healthy activities, such as walking, swimming, and reading

**2.** How can you talk to your partner, friends, and family about supporting you and not drinking around you?

- Explain what you have learned about Fetal Alcohol Syndrome and that the consequences are 100 percent preventable
- Discuss your personal reasons for choosing not to drink during your pregnancy (such as your hopes and dreams for your child)
- Ask your partner, friends, or family what their hopes and dreams are for your child

### Chapter 3: Knowing Your Risk & Getting Help



**1.** What are some signs that you may be abusing alcohol?

- Your performance at school or work is affected because of drinking
- You've done something that's illegal because of drinking
- You've put yourself in danger while drinking
- You feel annoyed when people talk about your drinking
- You feel guilty after you've been drinking
- You schedule social events around drinking or the recovery time you'll need after drinking
- You drink again and again despite negative consequences

**2.** What are some risky behaviors that can happen when someone drinks alcohol?

- Sexual abuse, promiscuity, violence, illegal activities
- Brainstorm other ideas with your students

**Review Answer Key:** 1. Placenta; 2. All (facilitator explain); 3. Birth defects; 4. False; 5. All except C; 6. Brain; 7. Social Services; 8. True

### Review

1. Alcohol harms a developing baby because it passes through the mother's bloodstream to an organ called the \_\_\_\_\_, which is the baby's only source of oxygen and nourishment.
2. When does alcohol affect the baby's development? (circle all that apply)
  - a. During the early weeks
  - b. During the second trimester
  - c. During breastfeeding
3. The Surgeon General's office has warned since 1982 that women should not drink alcoholic beverages during pregnancy because of the risk of \_\_\_\_\_.
4. True or False: There is a cure for Fetal Alcohol Syndrome (FAS).
5. What are some physical deformities that FAS can cause? (circle all that apply)
  - a. A small head circumference
  - b. Small eye openings
  - c. Brown hair
  - d. A short nose with a low, sunken bridge
  - e. A very thin upper lip with no groove between the nose and lip
6. Alcohol can cause serious damage to the baby's developing \_\_\_\_\_.
7. In families with alcohol or drug problems, domestic violence and child abuse are more likely to occur. This could result in having a child taken away by \_\_\_\_\_ and placed in a safer home.
8. True or False: All fetal alcohol disorders are *100 percent* preventable.
9. List your reasons for staying alcohol-free during your pregnancy (why shouldn't you drink):  

---

---

---

---

---
10. List your alternatives for living alcohol-free during your pregnancy (what you can do instead):  

---

---

---

---

---

## Resources for Getting Help:

### Phone Numbers

#### **SAMHSA's Center for Substance Abuse Treatment Toll Free Support Line**

800-662-HELP (4357)

800-487-4889 (TDD)

877-767-8432 (Spanish)

### Websites

#### **Alcoholics Anonymous**

[www.aa.org](http://www.aa.org)

#### **National Institute on Alcohol Abuse and Alcoholism (NIAAA)**

[www.niaa.nih.gov](http://www.niaa.nih.gov)

#### **National Organization of Fetal Alcohol Syndrome**

[www.nofas.org](http://www.nofas.org)