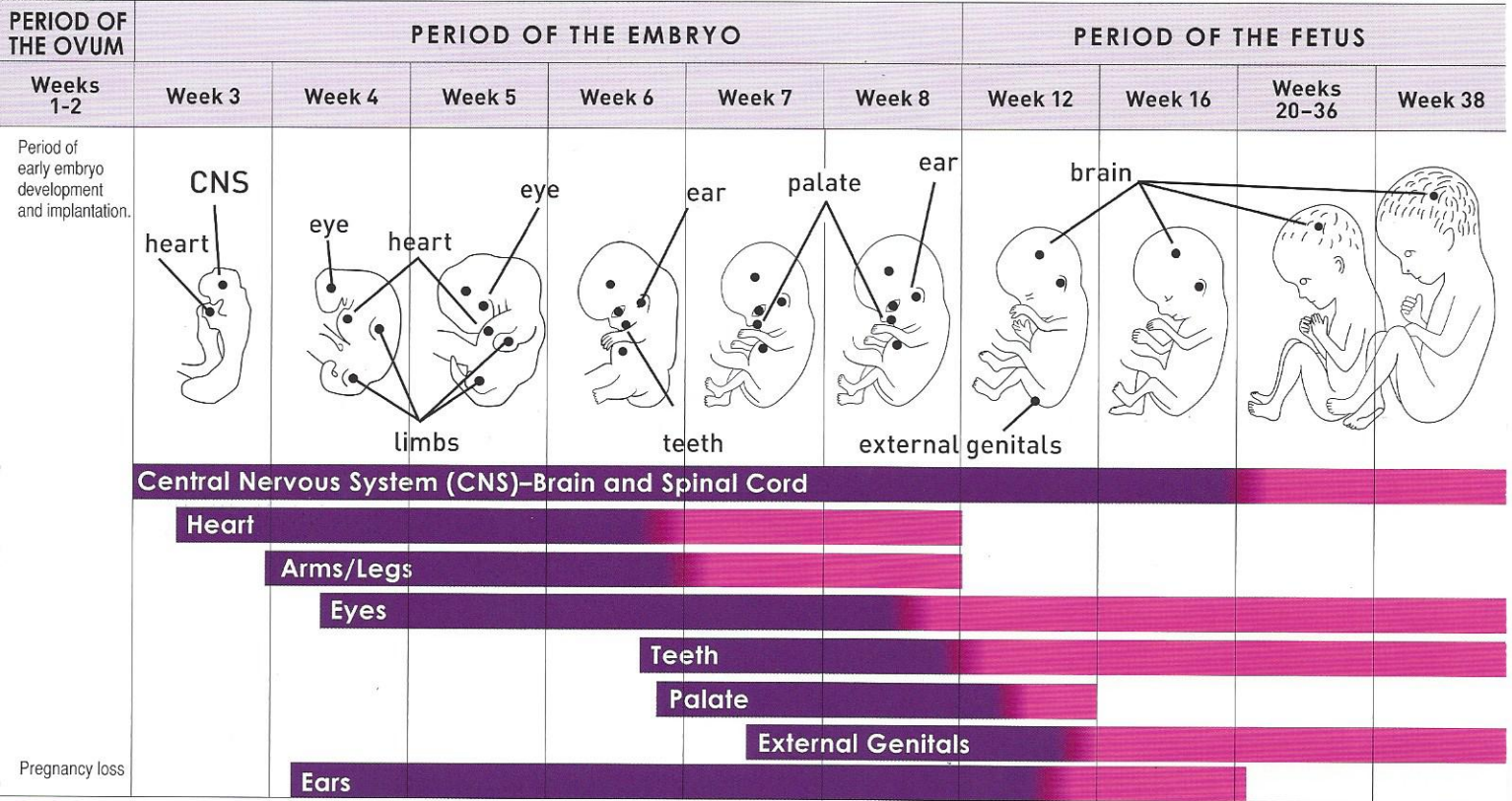


# FETAL DEVELOPMENT CHART

This chart shows vulnerability of the fetus to defects throughout 38 weeks of pregnancy.\*  
 • = Most common site of birth defects



  Period of development when major defects in bodily structure can occur.  
  Period of development when major functional defects and minor structural defects can occur.

Adapted from Moore, 1993 and the National Organization on Fetal Alcohol Syndrome (NOFAS) 2009  
 \*This fetal chart shows the 38 weeks of pregnancy. Since it is difficult to know exactly when conception occurs, health care providers calculate a woman's due date 40 weeks from the start of her last menstrual cycle.

### Are some types of alcohol, such as red wine, safer to drink during pregnancy than others?

- Drinking any type of alcohol can affect your baby's growth and development and cause FASDs. This includes all wines, beer, and mixed drinks.
- A 5-ounce glass of red or white wine has the same amount of alcohol as a 12-ounce can of beer or a 1.5-ounce shot of straight liquor.
- Some drinks, like mixed alcoholic drinks or malt liquor drinks, might have more alcohol in them than a 12-ounce beer.



### Why should I worry about alcohol use if I am not pregnant and not trying to get pregnant?

- If you drink alcohol and do not use contraception (birth control) when you have sex, you might get pregnant and expose your baby to alcohol before you know you are pregnant.
- Nearly half of all pregnancies in the United States are unplanned. And many women do not know they are pregnant right away. So, if you are not trying to get pregnant but you are having sex, talk to your health care provider about using contraception consistently.

### What if I drank before I knew I was pregnant?

- Make sure you get regular prenatal checkups. Tell your health care provider you had been drinking and ask for advice.
- Remember, it is never too late to stop drinking. Because brain growth takes place throughout pregnancy, the sooner you stop drinking the safer it will be for you and your baby.
- If you are unable to stop drinking, talk to your health care provider. Resources are available to help you.