

# Mother's Womb: BABY'S FIRST ENVIRONMENT

The womb is not always a protective barrier, especially to alcohol.

A developing baby can be exposed to environmental toxins during pregnancy. These can include viruses, bacteria, medications, and alcohol.

Alcohol is an environmental toxin to the developing baby.

Fetal alcohol spectrum disorders (FASD) are a range of life-long disabilities caused by exposure to alcohol in the womb.



- The baby's blood alcohol reaches the same level (or higher) as the mother's.
- Alcohol can affect the development of all organs, but the brain is the main target.
- There is no known safe amount, no safe time, and no safe type of alcohol use during pregnancy.

For more information, please visit  
[www.cdc.gov/fasd](http://www.cdc.gov/fasd)

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## ALCOHOL & PREGNANCY: WHY RISK IT?