

YOU CHOSE NOT TO DRINK & GAVE THEM A GIFT.

Your doctor told you that even small amounts of alcohol during pregnancy could cause permanent brain damage in your baby. So you chose not to drink alcohol – not even a drop. Congratulations. You had the knowledge to make the healthy choice.

It was a small sacrifice for such a big reward.

For more information about preventing Fetal Alcohol Syndrome (FAS), call 877-393-2287 or visit [www.hss.state.ak.us/fas](http://www.hss.state.ak.us/fas).



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