

DHSS, Office of FAS
FASD Public Service Announcements

- ❖ **Candle**
- ❖ **Glass**
- ❖ **Community Care**
- ❖ **Empowerment**
- ❖ **Prevention**

“Candle”

1:02 Radio

Announcer: It may be the hardest thing you ever do, but when you think about it, it's a small sacrifice for such a big reward.

I wasn't sure I could do it, stop drinking, but I wanted a baby and I knew drinking could cause permanent brain damage to my child. Thankfully, I found strength, I stopped drinking and now I have Sarah, my 2 year old and Sam, who's just 8 months.

Announcer: Because you want what's best for your baby, choose not to drink and celebrate your strength, and your baby's health.

If you are even thinking about having a baby, the sooner you stop drinking, the better. It's never too late.

Announcer: For more information about preventing Fetal Alcohol Syndrome, FAS, call 877-393-2287, that's 877-393-2287. Paid for by the DHSS Office of Fetal Alcohol Syndrome

“Glass”

:59 Radio

I didn't know that I wasn't supposed to drink alcohol when I was pregnant, that any amount could cause permanent brain damage to my baby, I didn't know, but my grandmother did, and I'm glad she said something.

Announcer: If you know someone who is pregnant and drinking, take the time to say something to them, help them find the resources and support to stop drinking now, because we all want what's best for the baby.

With the support of family and friends, I found the strength not to drink.

A small sacrifice for such a big reward.

Announcer: For more information about preventing Fetal Alcohol Syndrome, FAS, call 877-393-2287, that's 877-393-2287. Paid for by the DHSS Office of Fetal Alcohol Syndrome.

“Community Care”

:30 Radio

It's not your baby. Maybe not your concern. But if you know a pregnant woman who is drinking, your help could make a lifetime of difference for her baby. That's because drinking - in any amount - can cause brain damage in a developing baby. You don't have to be a doctor to help a friend in need. You just need to care. For information on how you can help prevent Fetal Alcohol Syndrome, call the State of Alaska Office of FAS at 1.877.393.2287.

“Empowerment”

:15 Radio

It may not be easy to stop drinking before and while you're pregnant. But because drinking - in any amount - can cause brain damage in your baby, avoiding alcohol is the healthy thing to do. A message from the State of Alaska, Office of Fetal Alcohol Syndrome.

“Prevention”

:10 Radio

Drinking alcohol during pregnancy can cause brain damage in your developing baby. For information on how you can prevent Fetal Alcohol Syndrome, call the State Office of FAS at 1.877.393.2287.