

## Waterloo Region FASD Action Group- Approved Social Media Messages

### Tweets that can be used during the week of September 6<sup>th</sup>-12<sup>th</sup>

#### Sunday, September 6<sup>th</sup>

September 9th is Fetal Alcohol Spectrum Disorder (FASD) Day. A day reminding women to be alcohol free for 9 months of pregnancy #FASD

Fetal Alcohol Spectrum Disorder (FASD) FASD stands for Fetal Alcohol Spectrum Disorder. It is a lifelong disability that affects the brain and body of people who were exposed to alcohol in the womb. Each person with FASD has both strengths and challenges and will need special supports to help them succeed with many different parts of their daily lives.

Can a dad's sperm cause #FASD? A dad's role in Fetal Alcohol Spectrum Disorder

<https://canfasdblog.com/2019/04/03/genetic-and-epigenetic-perspectives-on-the-role-of-fathers-in-fetal-alcohol-spectrum-disorder/>

Men can help prevent FASD by asking their partner how they can help. Find out more at #FASD

<http://fasdprevention.files.wordpress.com/2014/02/what-men-can-do-final-feb-2014.pdf>

Did You Know? Spending \$150,000 to prevent FASD saves \$1.6M in treatment. For more info about #FASD, visit <http://www.canfasd.ca/research-teams/prevalence/>

During COVID-19 one out of five people have increased their alcohol consumption- Think #FASD

<https://www.thinkfasd.ca/>

It is never too late to stop drinking alcohol during pregnancy #FASD

<http://www.alcoholfreepregnancy.ca>

A safe level of alcohol consumption during pregnancy has not been found - No Safe Time, No Safe Amount #FASD

#### Monday, September 7<sup>th</sup>

Help prevent FASD by making all women aware of the dangers of drinking in pregnancy and help them

to get support #FASD <http://humanservices.alberta.ca/documents/FAS0030-Help-A-Pregnant-Friend.pdf>

Did You Know: FASD is the leading cause of developmental disability in Canada. For more info about #FASD visit [www.fasdwaterlooregion.ca](http://www.fasdwaterlooregion.ca)

Did You Know: FASD affects 4% of Canadians <https://canfasd.ca/wp-content/uploads/sites/35/2018/08/Prevalence-1-Issue-Paper-FINAL.pdf>

Did You Know: FASD Costs Canada \$5.3 - 7.6B every year in care. For more info about #FASD, visit <http://canfasd.ca/media/fasd-fact-sheet/>

There is no safe time, no safe amount and no safe kind of alcohol consumption in pregnancy #FASD

Any type of alcohol can harm your baby (beer, coolers, wine or liquor) #FASD

A baby's brain continues to develop throughout pregnancy--brain damage can occur at any time in pregnancy if alcohol is consumed #FASD

### **Tuesday, September 8th**

What Can You Do? Have fun without alcohol – Start a trend – Have a “Mocktail Party” #FASD

Drinking alcohol in pregnancy is not recommended by the @PHAC\_GC #FASD

Research has not found a safe level of alcohol consumption during pregnancy -- Society of Obstetricians and Gynecologists #FASD

Fetal Alcohol Spectrum Disorder (FASD) is the term used to describe the range of permanent birth defects caused by alcohol consumption in pregnancy #FASD

Permanent brain damage is the biggest risk to the unborn baby when mothers drink in pregnancy #FASD

If you are trying to get pregnant, think you might be pregnant, or you are pregnant, the safest choice is to be alcohol free #FASD

There is no safe time, no safe amount and no safe kind of alcohol consumption in pregnancy #FASD

Do you know what the Low Risk Alcohol Drinking Guidelines are? Assess your drinking habits at [www.rethinkyourdrinking.ca](http://www.rethinkyourdrinking.ca) #FASD

### **Wednesday, September 9th**

TODAY is Fetal Alcohol Spectrum Disorder (FASD) Day. A day reminding women to be alcohol free for 9 months of pregnancy #FASD

@MCCSS has provided support to families living with #FASD  
<http://www.children.gov.on.ca/htdocs/English/specialneeds/fasd/index.aspx>

Did you know that Waterloo Region has a full time FASD Coordinator to assist families? Make a referral <https://www.fasdwaterlooregion.ca/fasd-coodination-services-at-dsrc>

The Waterloo Region FASD Action Group has an Integrated Plan for #FASD. Visit [www.fasdwaterlooregion.ca/local-integrated-strategy](http://www.fasdwaterlooregion.ca/local-integrated-strategy)

### **Thursday, September 10th**

Carizon and the WRDSB host two classrooms for kids living with #FASD. Learn more here [www.carizon.ca/childrens-mental-health/encompass/encompass-learning/](http://www.carizon.ca/childrens-mental-health/encompass/encompass-learning/)

Reach For It - recreational program for kids affected with FASD. Check out  
<https://www.fasdwaterlooregion.ca/at-home/reach-for-it> #FASD

Service providers and Caregivers in Waterloo Region participate in a Community of Practice to increase local efforts to address FASD [www.fasdwaterlooregion.ca/community-of-practice](http://www.fasdwaterlooregion.ca/community-of-practice) #FASD