Chapter 17 Lesson 1: Prenatal Development and Care

Introduction:
In this lesson, you learned about the many things a pregnant woman can do to help ensure that her baby will be healthy, such as eating a balanced diet, seeing a medical professional regularly, and getting appropriate exercise. One of the most important things a pregnant woman can do to protect the fetus is to avoid alcohol. This fact sheet from the Centers for Disease Control and Prevention (CDC) discusses the dangers of alcohol consumption during pregnancy.

Links to Explore:
Alcohol Use and Pregnancy
http://www.cdc.gov/ncbddd/factsheets/FAS_alcoholuse.pdf

Directions:
- Click on the link and read the CDC fact sheet on alcohol use during pregnancy.
- Then answer the following questions:

1. How much alcohol is safe to drink during pregnancy?

2. What are FASDs and what kinds of problems can they cause?

3. What fraction of all American women drink during pregnancy, despite its known risks?

4. At what point during pregnancy should a woman stop using alcohol?

Answers:

1. There is no known amount of alcohol that is safe while pregnant.

2. Fetal alcohol spectrum disorders, which can cause problems in how a person looks, grows, thinks, and acts, as well as birth defects of the heart, brain, and other major organs.

3. About 1 in 12

4. She should stop drinking before she even becomes pregnant.

Additional Links to Explore:
Use the links below to gather additional information on the activity topic. When appropriate, have students extend their research to include important concepts contained in these Web sites.

Drinking and Your Pregnancy
http://pubs.niaaa.nih.gov/publications/DrinkingPregnancy_HTML/pregnancy.htm

National Organization on Fetal Alcohol Syndrome
http://www.nofas.org/default.aspx

Fetal Alcohol Spectrum Disorders: The Basics
http://fasdcenter.samhsa.gov/educationTraining/fasdBasics.cfm