



# Activity 4

## Q & A Review with RealCare™ Fetal Alcohol Syndrome (FAS)

### Baby

This activity reinforces the information participants learned in Activity 2: RealCare™ Fetal Alcohol Syndrome (FAS) Baby Demonstration, and Activity 3: Overhead Slide Presentation, using the FAS Baby as an aid for review.

### Objectives

Participants will:

1. Define FAS and FASD.
2. Describe how nutrients, oxygen, and other substances (e.g., alcohol) reach a developing fetus.
3. List the effects of prenatal alcohol exposure.
4. Explain what happens developmentally when a pregnant woman and her fetus consume alcohol.
5. Identify the long-term consequences of prenatal alcohol exposure for individuals, families, and society.
6. Identify guidelines for FASD prevention.
7. Identify resources for additional information about prenatal alcohol exposure and its consequences.
8. Determine strategies to help a family or mother when prenatal alcohol exposure is a possibility, or when FAS has been diagnosed by a medical professional.

### Materials

- FAS Baby

- “Understanding Prenatal Alcohol Exposure” Review Questions

### Time

5 to 10 minutes

### Facilitating the Activity

1. Using “Understanding Prenatal Alcohol Exposure” Review Questions, review the information presented within this lesson, using the FAS Baby where relevant.
2. Follow up with information from activities and discussion as needed to complete participants’ understanding of the topic.





# Review Questions

## Understanding Prenatal Alcohol Exposure

1. What are Fetal Alcohol Spectrum Disorders (FASD)?

*An umbrella term for a spectrum of disorders caused by prenatal alcohol exposure that includes physical, mental, behavioral, and learning disabilities.<sup>3</sup>*

2. What is Fetal Alcohol Syndrome (FAS)?

*A medical diagnosis concluded from the following signs:<sup>3</sup>*

- Distinctive, abnormal facial features
- Growth deficiencies
- Central nervous system problems

3. What causes FAS and FASD?

*Exposure to alcohol as a fetus; a woman drinking alcohol when she is pregnant.<sup>3, 4, 5</sup>*

4. What **type** of alcohol is safe to drink during pregnancy?

*None. Exposure to any type of alcohol is unsafe for a developing fetus.<sup>4, 6</sup>*

5. What **amount** of alcohol is safe to drink during pregnancy?

*None. There is no known safe amount of alcohol that can be consumed during pregnancy.<sup>4, 6</sup>*

6. How does alcohol reach a developing fetus?

*When a pregnant woman has a drink, the alcohol readily moves across the placenta into the fetus's bloodstream through the umbilical cord.<sup>7</sup>*

7. Describe five things that can happen to a fetus when a pregnant woman drinks alcohol:

*The alcohol enters the fetus's bloodstream and the following damage can occur to the fetus (depending on the developmental stage):*

- Heart, lung, and/or kidney defects<sup>5, 8</sup>
- Vision and/or hearing problems<sup>5</sup>
- Genital changes<sup>5</sup>
- Dental and palate abnormalities (e.g., small teeth, cleft palate)<sup>5</sup>
- Brain damage<sup>5</sup>

8. What are the features of the FAS Baby that represent a baby whose mother consumed alcohol during her pregnancy?

- Small head circumference
- Flat midface
- Indistinct ridge between nose and lips (philtrum)
- Narrow upper lip
- Non-inherited skin folds covering inner corners of the eyes (normal for many Asian and Native American individuals)
- Flat nose bridge
- Uprturned nose

- *Unusually small chin*
- *Minor ear abnormalities*
- *Small size for gestational age*
- *Unusually thin arms and legs*
- *Subtle hand abnormalities*

9. True or false: FAS and FASD are 100 percent preventable.

*True*<sup>3, 4</sup>

10. What are some of the problems an individual with FASD can have throughout his or her life?

- *Reduced cognitive ability*<sup>8</sup>
- *Learning disabilities*<sup>3, 8</sup>
- *Attention and memory problems*<sup>3, 8</sup>
- *Hyperactivity*<sup>8</sup>
- *Poor coordination*<sup>8</sup>
- *Judgement and reasoning difficulties*<sup>8</sup>
- *Communication problems*<sup>3</sup>
- *Difficulties with school*<sup>3</sup>

11. What can friends and family do to help a pregnant woman deliver a healthy baby?

- *Explain that ANY amount and ANY type of alcohol can hurt a developing fetus.*
- *Keep several social activities in mind other than drinking alcohol that you and your friends enjoy doing.*

12. What can you do to help the family of a baby with FASD?

- *Encourage them to seek community services.*
- *Encourage them to visit their local school district's early childhood and family education programs.*

- *Go with them as they learn about and arrange for available services.*
- *Offer to stay with the baby to relieve caregiver stress.*