

Sometimes the biggest reason to abstain from alcohol is a little one

101 reasons to abstain from alcohol during pregnancy:

two eyes
one nose
two ears
ten toes

ten fingers
one sweet mouth
two strong legs to run
two arms to give hugs with
one straight and strong spine
two hands to hold on tightly with
two feet to walk on tall and proud

one heart to beat steady & strong
two lungs to sing a nursery song
20 baby teeth for a beautiful smile
32 bright & white secondary teeth
one liver for a healthy metabolism
two first words: "Mama" & "Dada"
1 first step towards independence

2 frontal lobes to control impulses
1 corpus callosum to process info
2 healthy parents to care for baby
1 precious little spirit that will thrive
with the love of a nurturing family,
to realize a full potential of health,
happiness, and life independence!

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Fetal Alcohol Syndrome Support, Training, Advocacy, and Resources
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