
Fetal Alcohol Spectrum Disorder (FASD) Resources

Drymester – with thanks to Sheffield Children Safeguarding Partnership

[DRYMESTER SCSP - What Is FASD Video - YouTube](#)

[DRYMESTER SCSP - Where To Go For Support Video - YouTube](#)

[DRYMESTER SCSP Taking Part Video - YouTube](#)

[DRYMESTER SCSP FASD Infographic Video - YouTube](#)

[DRYMESTER SCSP Know The Facts Video - YouTube](#)

[fasd drymester partnership pack.pdf \(safeguardingsheffieldchildren.org\)](#)

[fasd reducing alcohol exposed pregnancies campaign.pdf \(safeguardingsheffieldchildren.org\)](#)

[fasd the facts.pdf \(safeguardingsheffieldchildren.org\)](#)

[fasd the facts.pdf \(safeguardingsheffieldchildren.org\)](#)

[fasd tips to go alcohol free during pregnancy.pdf \(safeguardingsheffieldchildren.org\)](#)

[fasd what is drymester booklet.pdf \(safeguardingsheffieldchildren.org\)](#)

[fasd drymester infographic leaflet.pdf \(safeguardingsheffieldchildren.org\)](#)

Drymester Podcast

[FASD: A guide for Speech & Language Therapists - YouTube](#)

National FASD

[Home - National FASD](#)

[E-learning - National FASD](#)

[Experts on the Alcohol & Pregnancy Toolkit from National FASD - YouTube](#) *

[Alcohol and Pregnancy \(nationalfasd.org.uk\)](#) * (E-learning for maternity practitioners or student midwives only)

[Resources - National FASD](#)

[Maternity Teams - National FASD](#)

For Educators

[Educators - National FASD](#)

[Home - Learn about FASD - Me & My FASD](#)

[FASD Makes Me, Me - YouTube](#)

Other resources

[Pregnant? See how alcohol affects an egg - YouTube](#)

[FASD Makes Me, Me - YouTube](#)

[Adoption UK Charity](#)

[TimelsNow PrelimEasyAccess \(dkhelf8ak01yp.cloudfront.net\)](#)

<https://fasd-uk.net>

<https://www.faast.ed.ac.uk/>

<https://www.podbean.com/ew/pb-w4nts-12ca7ca>



If you're pregnant or planning to become pregnant, the safest approach is **not to drink alcohol at all**, to reduce any risks to your baby.

UK Chief Medical Officers (2016)