

Alcohol, Pregnancy & Society

24 March 2023

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Touching Tiny Lives Foundation

BEERS >> FOR << BABIES

PART DEUX



PARENT MEET-UP

Babies & Brews

EVERY WEDNESDAY FROM 2PM TO 4PM



BABIES & BREWS

Connect and chat with other parents over a beer at Anderson Craft Ales every Tuesday from 1:00pm-2:30pm



BABIES & BREWS

B & B FALL SERIES IS BACK!

CHAT UP SUSTAINABLE LIVING WITH PARENTS WHILE THE KIDS PLAY!

SEPTEMBER 30, 2018 • 2-4PM
ABLE SEEDHOUSE AND BREWERY



brews for babiesTM fundraiser
march of dimes



COMMUNITY BEER COMPANY
Brewery Tour

- craft beer
- live music
- a food truck
- local art for sale
- silent auctions
- brewery hasA/C!



What do we know?

1. Alcohol causes changes in growth, development and behaviour
2. There is no safe amount of alcohol in pregnancy
3. No alcohol during pregnancy is the safest for baby
4. No alcohol while breastfeeding is the safest for baby



FASD Facts

- Impacts approximately 4% of Canadians
 - That's more people than Autism Spectrum Disorder, Cerebral Palsy, and Down syndrome *combined*
- 90% of individuals with FASD also experience mental health issues
- The social and economic cost of FASD in Canada is estimated to be \$1.8 billion annually



What do pregnant people know?

- If you are poor, Indigenous or a person of colour your baby will be taken away if someone suspects that you are out drinking
- If you are white, middle or upper class you can drink in public while pregnant or while breastfeeding your baby



Giving your unborn child a drink is just as ridiculous.

The U.S. Surgeon General Advisory says no amount of alcohol is safe during pregnancy.

Share 049: Zero Alcohol For Nine Months. www.mofas.org



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What are we supposed to do?

1. Ask all reproductive age / pregnant women about alcohol use
2. Provide a brief intervention along with screening
3. Create space during appointments to discuss alcohol use
4. Make specialized, community-based interventions available and accessible to women with problematic drinking and related health and social concerns

Babies n' BREWS

BECAUSE WE CAN'T BE EXPECTED TO PARENT
WITHOUT CAFFEINE...OR ALCOHOL

How do we negotiate this dynamic?

- Understand your position of power and privilege with respect to your patient
- Learn about your patient as a person
- Listen to your patient's concerns
- Reflect back what you hear
- Know which resources are available in your community
- Offer options not solutions



Difficult conversations

Child protective services

- Duty to report if there is a concern for child endangerment

A fetus is not a person under Canadian law

- Discuss concerns with the patient
- Engage in pregnancy planning with the patient
- Encourage self-reporting in a supportive environment

Conversation Starters

A woman discloses that she has been drinking in pregnancy

- It was brave of you to share that with me. Can we talk about this more?

Conversation Starters

A woman shares that she has been drinking but cutting down

- That's a really big step. How can I support you to reach your goal?

Conversation Starters

A woman comes to her appointment intoxicated

- I am concerned about you. Tell me about your day

babies & BREWS





THANKS!
MERCI!
MIIGWITCH!