

The only cause of Fetal Alcohol is alcohol use during pregnancy

- Fetal Alcohol brain injury doesn't go away.
- When a pregnant woman drinks so does her baby.
- The type of alcohol (beer, wine, hard liquor, etc.) does not seem to make a difference in harm to the baby.
- Over 45,000 babies are born each year in the USA with FASDs

Your child doesn't have to be one of them.

Since a baby grows throughout the pregnancy, it is never too late to stop drinking to help your child.

Ask your medical professional for more information

[www.best4-2.com](http://www.best4-2.com)

A Better Endings New Beginnings Project [www.betterendings.org](http://www.betterendings.org)

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To learn more or help participate in our program

Adapted from Loren C. Eisley "The Star Thrower," Harcourt Brace, 1979

The young man looked at the starfish in his hand and threw it to safety in the waves. "It makes a difference to this one," he said.

"But the beach goes on for miles and there are millions of starfish," countered the other. "How can your effort make any difference?"



As the old man walked the beach at dawn, he noticed a young man picking up starfish and flinging them into the sea. Catching up to the youth, he asked why he was doing this. The answer was that the stranded starfish would die if left until the morning sun.

"But the beach goes on for miles and there are millions of starfish," countered the other. "How can your effort make any difference?"

## The Starfish Story

# Blankies for babies

created especially for your baby by

mo'Angels

[www.betterendings.org](http://www.betterendings.org)  
[www.mofas.org](http://www.mofas.org)

Take a Pregnant Pause to Build Better Baby Brains



## MAKIN' A DIFFERENCE

This gift from us to you handed in love.

The Mo'Angels was founded by Liz Kulp in 2001 to build awareness of the realities of living with Fetal Alcohol Spectrum Disorders (FASDs). Her book, "The Best I Can Be" written as a teen has reached into six continents with a message of understanding and prevention. As a young adult her "Blankets for Babies" program involves other persons with FASDs who make these blankets as a gift to mothers in honor of a baby's healthy development.

Enjoy your new baby blanket, created and handed by young people to prevent brain injuries caused by alcohol use during pregnancy. They are tying knots of love in hopes you will take a pregnant pause to make a difference in the life of your little one.

