

**FASD Ireland: Avoid the risk of FASD to your baby over the holiday season**  
<https://www.activelink.ie/node/112623>



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**FASD Ireland**, the national organisation based in Ennis, County Clare, supporting people and their families living with Foetal Alcohol Spectrum Disorder, have launched their 2024 Christmas and New Year campaign.

The **HSE** currently estimates that up to 7.4% of the population live with FASD(<https://eur06.safelinks.protection.outlook.com/?url=https%3A%2F%2Ffasdireland.ie%2Fpq-35888%2F24-ro%25C3%25ADs%25C3%25ADn-shortall&data=05%7C02%7Cscott%40fasdireland.ie%7C15d6d358bc114509e0a008dd1929dafa%7C66c2769962154c3d914f92d7857761aa%7C0%7C0%7C638694389771373906%7CUnknown%7CT>) which is associated with a range of lifelong physical, mental, educational, social, and behavioural difficulties. FASD is Ireland's most prevalent and only preventable, neuro-developmental disability. FASD is Ireland's silent epidemic, affecting one in ten babies born today.

FASD Ireland wants everyone to enjoy the holiday season, however, please to avoid the risk of FASD to your baby, please remember that NO amount of alcohol is safe to drink in the six weeks before conception or at any time during pregnancy.

**Tristan Casson-Rennie, CEO of FASD Ireland** said, "Ireland has a an alarmingly high prevalence of Foetal Alcohol Spectrum Disorder. In the past it would have been considered acceptable to drink a glass of Stout or a Brandy – it would even have been deemed safe for Mum and Baby. However, we know today from scientific research that prenatal alcohol exposure can cause irreversible lifelong brain damage and other challenges in a developing baby."

He continued, "Launching our Christmas and New Year campaign provides essential information to anyone who may be thinking about starting a family over the festivities. It is important that everyone knows about the risks associated with just one alcoholic drink if they are planning to have a baby. Alcohol and pregnancy never go together."

You can find out more about Foetal Alcohol Spectrum Disorder and FASD Ireland [www.fasdireland.ie](http://www.fasdireland.ie) (<https://eur06.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.fasdireland.ie%2F&data=05%7C02%7Cscott%40fasdireland.ie%7C15d6d358bc114509e0a008dd1929dafa%7C66c2769962154c3d914f92d7857761aa%7C0%7C0%7C638694389771373906%7CUnknown%7CT>). You can also get free and confidential help and support from FASD Hub Ireland Monday to Friday 10am until 4pm -065 670 3098 (tel:0656703098), or online: [www.fasdhub.ie](http://www.fasdhub.ie) (<https://eur06.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.fasdhub.ie%2F&data=05%7C02%7Cscott%40fasdireland.ie%7C15d6d358bc114509e0a008dd1929dafa%7C66c2769962154c3d914f92d7857761aa%7C0%7C0%7C638694389771373906%7CUnknown%7CT>).



FASD Ireland team outside their pop-up Christmas window with holiday messaging banner.

**Region**  
 Nationwide

FASD Ireland website (<https://www.fasdireland.ie/>)

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