

This learning guide is designed for use by Professional Learning Communities, learning coaches and teacher leaders or as a self-paced study.

Prenatal Alcohol Exposure and the Developing Brain Module One: Part A



This guide is intended to facilitate conversation after viewing the video clip [Module One: Prenatal Alcohol Exposure and the Developing Brain](#) (0:00 – 1:56 minutes)

General synopsis

Module One: *Prenatal Alcohol Exposure and the Developing Brain* covers three key points: A) Alcohol is a teratogen, B) Brain growth during pregnancy occurs from bottom to top, and C) During pregnancy, brain growth is impacted by alcohol.

Key point A:

Alcohol is a Teratogen

- A teratogen is an agent that crosses the placental barrier and negatively impacts the developing baby.
- Alcohol exposure during pregnancy can lead to Fetal Alcohol Spectrum Disorders (FASD).
- Brain injury can affect any area of brain functioning.
- Alcohol impacts each developing brain differently based on the timing and amount of exposure.
- The precise amount of alcohol required to produce an impact on the brain is unknown.
- Alcohol exposure during pregnancy can lead to Fetal Alcohol Spectrum Disorders (FASD).

Questions for reflection and discussion:

- How could we start a conversation with students about the effects of alcohol on the developing brain and the prevention of drinking alcohol during pregnancy?

For more information:

The Canada FASD Research Network (CanFASD) is a leading source for information related to FASD in Canada:
<http://www.canfasd.ca/>

Alberta FASD Home (Alberta government):
<http://fasd.alberta.ca/index.aspx>

KNOWFASD is a resource maintained by the University of Alberta: www.knowfasd.ca

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