

Even moderate drinking in pregnancy can affect a child's IQ, study shows

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Relatively small levels of exposure to alcohol while in the womb can influence a child's IQ, according to a new study led by researchers from the universities of Bristol and Oxford using data from over 4,000 mothers and their children in the Children of the 90s study (ALSPAC) and published today in *PLOS ONE*.

Current advice to [pregnant women](#) about moderate alcohol consumption during pregnancy is contradictory, with some official guidelines recommending complete [abstinence](#) and others suggesting that moderate use is safe. Previous studies have produced conflicting and inconsistent evidence on the effects of [moderate alcohol intake](#) on a child's IQ. This may be because it is difficult to separate the effects of [moderate alcohol consumption](#) from other lifestyle and [social factors](#), such as smoking, diet, affluence, mother's age and education.

This study, believed to be the first substantial one of its kind, used [genetic variation](#) to investigate the effects of moderate (

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