

## Did you know?

Only 1 in 10 people with FASD will not have the facial features that people commonly relate to FASD.

## Strengths associated with FASD:

- **Friendly**
- **Likeable**
- **Verbal**
- **Helpful**
- **Caring**
- **Hard Working**
- **Determined**
- **Have different ways of looking at things than their peers**
- **A good helper with peers**
- **Kind**
- **Every day is a new day**

# How to Talk to People with FASD



## NEVER

Reason  
Shame  
Lecture  
Say, "You Should Have ..."  
Say, "I Told you to ..."  
You Can't  
Command or Demand  
Force  
Punish  
Yell and React  
Escalate

## INSTEAD

Divert  
Distract  
Explain Simply  
Remind and Prompt  
Repeat and Connect  
Tell/Show What to Do  
Cue, Ask and Model  
Show and Encourage  
Connect and Teach  
Keep Calm  
Soothe and Redirect



YES! THERE IS HOPE

# FASD 1 in 20? Break the Myths

## 1 FASD IS NOT HOPELESS

There may be a lot happening in the body and brain of a child living with FASD. Learn what is going on with sensory, intellectual, and internal system with your professional to create a flexible plan.



## 2 KIDS CAN LEARN

There are many ways to learn new things. Find ways your child learns best, enhance with play, and meet at their developmental level. Fear and anxiety stalls learning.



## 3 DIAGNOSIS, EARLY INTERVENTION AND UNDERSTANDING

The earlier we know the core issues, the more opportunity we have to make adjustments in our child's life.



## 4 FRIENDS MATTER

Provide children opportunities to develop friendships, enjoy healthy play, and practice social skills to empower their future.



**Everyone needs a friend.**

## 5 SUCCESS IN ADULTHOOD

Build on strengths and interests while supporting challenges. First learning is important in building skills in interdependent living.



FASD = Fetal Alcohol Spectrum Disorder  
Visit: ParentingComplexChildren.com

Together we can!

www.RedShoesRock.com Compliments of Ann Yurcek 2018 • Red Shoes Rock™



YES! THERE IS HOPE

# RESOURCES to help you.

## SUPPORT FOR FAMILIES

### Facebook

• Parenting FASD Kids (Ann Yurcek-admin)

### Our Favorite Websites & Blogs

- ParentingComplexChildren.com (USA)
- [ItsMackiesWorld.com](http://ItsMackiesWorld.com) (USA)
- [fasdlearningwithhope.wordpress.com](http://fasdlearningwithhope.wordpress.com) (UK)
- [oursacredbreath.com/blog/](http://oursacredbreath.com/blog/) (Canada)
- [fasdforever.com](http://fasdforever.com) (Canada)
- [depts.washington.edu/fmfasd](http://depts.washington.edu/fmfasd) (USA)



## RESOURCES & CONNECTIONS FOR UNDERSTANDING, DIAGNOSIS, & TREATMENT STRATEGIES

- [www.nofas.org](http://www.nofas.org) (Resource Directory)
- [www.aap.org](http://www.aap.org) (search Fetal Alcohol Physician Toolkit)
- [www.cdc.gov/ncbddd/fasd](http://www.cdc.gov/ncbddd/fasd) (Center for Disease Control)
- [medlineplus.gov/fetalalcoholspectrumdisorders.html](http://medlineplus.gov/fetalalcoholspectrumdisorders.html)
- [www.mayoclinic.org](http://www.mayoclinic.org) (search Fetal Alcohol Syndrome)
- [www.thearc.org/FASD-Prevention-Project](http://www.thearc.org/FASD-Prevention-Project) (advocacy)

## EDUCATION AND YOUR COMMUNITY

- [www.FurryThePenguin.com](http://www.FurryThePenguin.com) (inclusion curriculum)
- What Educators need to know about FASD  
[www.gov.mb.ca/healthychild/fasd/fasdeducators\\_en.pdf](http://www.gov.mb.ca/healthychild/fasd/fasdeducators_en.pdf)
- [OregonBehavior.com](http://OregonBehavior.com) (Nate Sheets)
- [do2learn.com/disabilities/CharacteristicsAndStrategies/FASD\\_Strategies.html](http://do2learn.com/disabilities/CharacteristicsAndStrategies/FASD_Strategies.html)
- [www.youtube.com/MichaelHBallard/](http://www.youtube.com/MichaelHBallard/) (Resiliency training)

## ADULTHOOD AND ADULT TRANSITION

### Facebook Group with FASD Life Experts

• [FASDaFlyingwithbrokenWings](https://www.facebook.com/FASDaFlyingwithbrokenWings)

### Websites

[www.BetterEndings.org](http://www.BetterEndings.org) (Live Abilities)



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90 REAL PEOPLE. REAL LIVES.

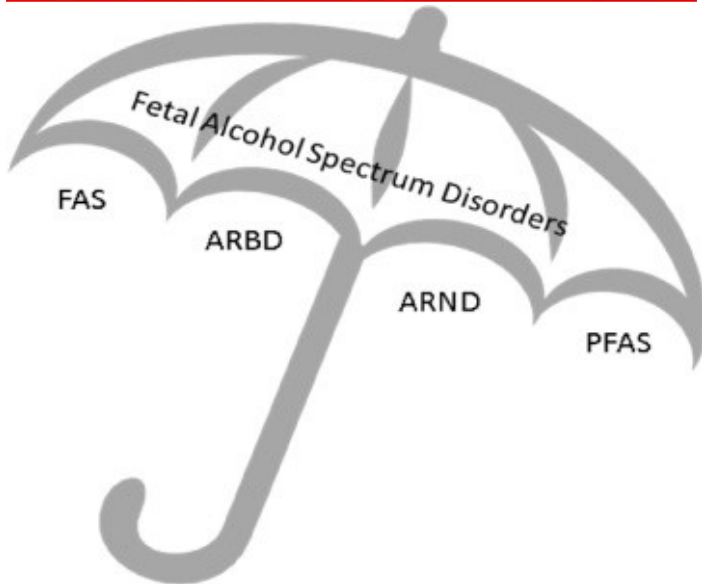
# FASD IS REAL



**SO AM I.**

MEET ASPEN - Recently, Aspen was a true hero, when a man attempted to abduct she and her little brother from the family yard as they were playing. Aspen's quick thinking saved them both! She quickly told her little brother that this was a bad man and to run into the house, and she immediately followed him, keeping him safe. When quizzed, knew bad people lie!  
Way to go Aspen! LIKE US 

DAY 41 - Facebook RedShoesRock • [www.BetterEndings.org](http://www.BetterEndings.org)





90 REAL PEOPLE. REAL LIVES.

# FASD IS REAL



**SO AM I.**

MEET MATT - I'm a speaker/ trainer and advocate for FASD and had the opportunity to work with Ministry of Child and youth services Ontario and many communities along the way in raising the awareness of FASD. Being a graduate of the only program in Canada and holding a job as an FASD worker in Sault Ste. Marie. LIKE US



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## Parenting Complex Children

I will become who you believe I am.  
Believe in me and walk with me and  
help me find my talents and gifts while  
supporting my challenges.

FASD



#redshoesrock #FASDispeople @FASDAware  
#fafasd #everydayisfasdday



Image (c) flickr user Jo Christian Oterhals

\*D. Malbin: FASD: Trying Differently Rather Than Harder

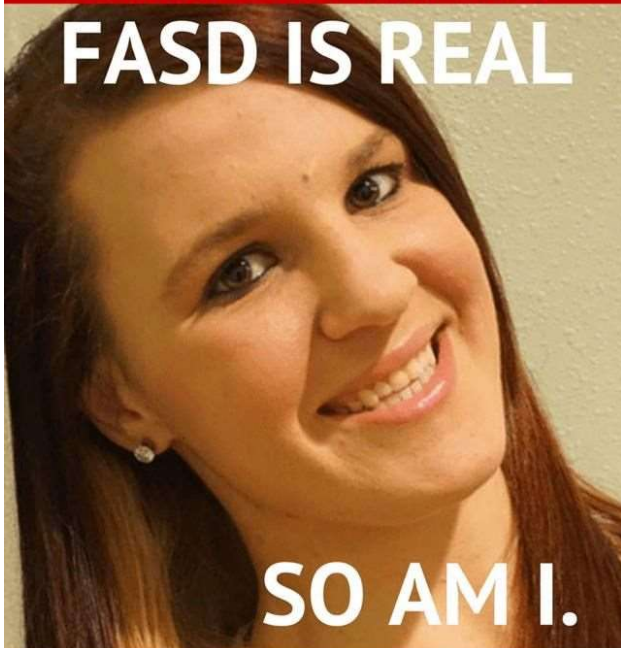
Loving a person with FASD is easy!  
Changing the way we see behavior is hard.  
Caregivers, loved ones, family members, and professionals working with people with FASD must try differently, not harder!\*

This is a lot easier said than done!  
It takes education, support, and practice.  
Support caregivers. Educate families.

Families Affected by FASD  
fafasd.org

90 REAL PEOPLE. REAL LIVES.

# FASD IS REAL



## SO AM I.

MEET TORI - I am 22 years old and have a twin sister. I work at different jobs in my community. I live in a group home with my sister and two roommates. Someday I hope to live on my own with my sister in our own place. Sports make me feel alive and successful, makes me feel good inside. School was really hard for me, because I process information differently than other people.

LIKE ME



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90 REAL PEOPLE. REAL LIVES.

# FASD IS REAL



## SO AM I.

MEET ANGIE - Angie loves to sing and dance. She loves to sew and design clothes and someday hopes to be a clothing designer for girls. She loves to draw and loves her social skills group where her friends are. She wants people to understand that when they speak very fast she needs time to understand what they are saying. Someday she hopes to marry and have a family.



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#redshoesrock  
#neurodiversity  
#FASDawareness  
#fafasd

**FASD: Invisible no more!**

**Did you know...**

FASD is **THE MOST** prevalent developmental disability in the world?

At 2-5% of the population (per the DSM V) that's greater than autism... and yet we bet you know nothing about it.

**STOP THE STIGMA.  
STOP THE INVISIBILITY  
PAY ATTENTION TO PEOPLE,  
NOT JUST PREVENTION.**

Learn **MORE**: [fafasd.org](http://fafasd.org)

(c) flickr user Jimmie

**If everyone around you has a 'typical' brain and your brain has been impacted by alcohol or other substances in utero, life can be a lonely place.**

**#fafasd.  
#redshoesrock  
#fasdaware**

**If you're caring for a person with FASD and you're surrounded by a world that doesn't understand that brain changes = behavior changes, life can be a lonely place.**

**Connect. Support. Advocate.**

**FASD is fetal alcohol spectrum disorder. It's brain damage caused by alcohol exposure in utero, which presents itself behaviorally.**

**Be FASD Aware.**

**Support people with FASD and the families that care for them.**

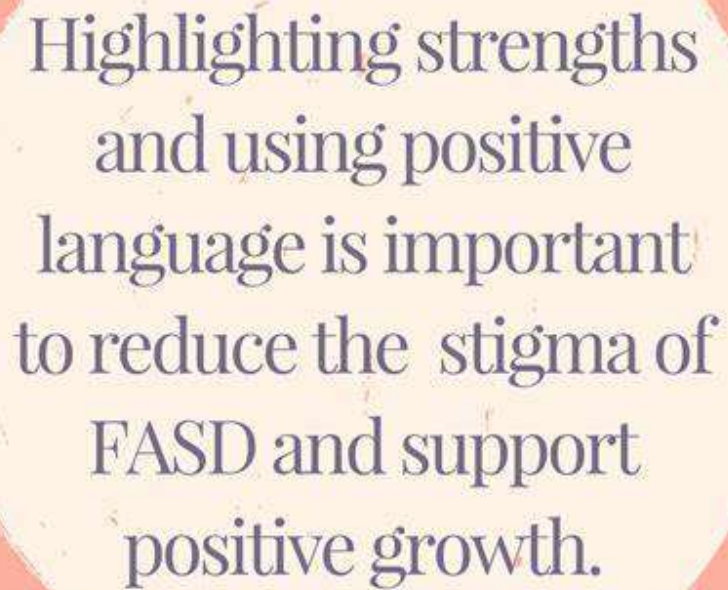
**Families Affected by FASD  
fafasd.org**

**image (c) flickr user Nicolas Lannuzel**









Highlighting strengths  
and using positive  
language is important  
to reduce the stigma of  
FASD and support  
positive growth.

#FASDay2017 #CanFASD

With FASD, the difference between what they know and what they can do is the disability. They know a lot, but because of deficits in their **executive functioning** it's hard to put thoughts into action.

[facebook.com/FASDSuccess](https://facebook.com/FASDSuccess)

FASD CAREGIVER  
SUCCESS 



**I live with  
fetal alcohol syndrome  
“I am not  
afraid of my  
truth anymore  
and I will not  
omit pieces  
of me to  
make you  
comfortable.”**

*Child's Voice*

## Resources:

<https://redshoesrock.com/> <- they have printable information

<https://www.fasdoutreach.ca/about> <- Certified training available here and more information sheets also

<https://www.fasdoutreach.ca/cars> <- Grant information for districts also

<https://canfasd.ca/> <- Lots of great info under Topics

Reach out to: The Fraser Valley Child Development Centre for more support or speak to a Key Worker <https://www.fvcdc.org/>

## 50 facts about FASD

1. FASD = fetal alcohol spectrum disorder.
2. FASDs impact 2-5% of the population.
3. 99% of people with an FASD are undiagnosed.
4. FASD is an invisible, PHYSICAL disability.
5. FASD includes primary and secondary characteristics.
6. Diagnosis AND Understanding prevent poor outcomes.
7. We accommodate the brain differences caused by FASD.
8. Slower processing speed is a primary characteristic of FASD.
9. Executive functioning difficulties are a primary characteristic of FASD.
10. Sensory differences are a primary characteristic of FASD.
11. Up days and down days are common for people with FASDs.
12. Perseveration is a common difficulty for people with an FASD.
13. Change the environment (not the person.)
14. Confabulation is not lying.
15. Involvement with Developmental Disability Services helps prevent poor outcomes, yet a diagnosis on the FASD spectrum does not qualify a person for involvement with DDS.
16. Developmental dysmaturity is a primary characteristic of FASD.
17. Impulsivity is a symptom of FASD.
18. Problems with memory are a primary characteristic of FASD.
19. People with FASDs and their families need FASD informed support systems.
20. FASD-informed support adapts to client needs.
21. A primary characteristic of FASD is difficulty with abstraction.
22. Visual-spatial deficits are a primary characteristic of FASD.
23. The average life expectancy of people with FASDs is 34 years old
24. Difficulty with emotional regulation is a primary characteristic of FASD.
25. Differing needs around nutrition and food are a common symptom for people with FASDs.
26. A strengths-based approach is the best way to help people with FASDs.
27. People with FASD are much more than their differences.
28. Children with FASDs grow up to be adults with FASDs...and a lot of other things!
29. Families impacted by FASD recognize amazing qualities in their loved ones.
30. Multiple, systems-level barriers are in place that prevent better understanding for people impacted by FASDs.
31. Facial features dysmorphology is the commonly recognized symptom of FASD, yet it occurs in a minority of individuals with FASD. This creates a barrier to diagnosis, supports, and services.
32. Caregivers of people with FASDs experience high levels of stress and burnout.
33. Shame and stigma around alcohol use during pregnancy is a barrier to care for people living with FASDs.
34. Myths like "nothing works for people with FASDs" create barriers to care.
35. Seeing FASD as "just" a behavior problem prevents access to appropriate supports.
36. Everyone connected to a person with an FASD needs to be FASD informed.
37. Myths about the women who give birth to children with FASD prevent awareness, proper diagnosis, and support for people with FASDs.
38. Many behavioral symptoms of FASD are due to a combination of differing brain functions.
39. How FASD happens and what alcohol exposure does to the developing brain is well documented.
40. The brains of people with FASD are less "plastic" than the brains of neurotypical people.
41. FASD is not a mental illness.
42. People with FASD are at risk for victimization, scapegoating, and false confessions.
43. Lack of caregiver support impacts FASD awareness and advocacy.
44. FASD is a spectrum disorder.
45. Shifting from won't to can't is a crucial change for people and families impacted by FASDs.
46. Always think brain.
47. Millions of people are living with FASD.
48. There is no known "cure" for FASD.
49. There is no evidence that consequence based behavioral modification works to change behavioral symptoms of FASD.
50. People with FASDs want you to know...

# If FASD affects 1:20 US Children Could my child have FASD\*?

## 10 Steps to Diagnosis

**1 Have Courage** to look at the underlying cause of a child's difficulties and challenges.

**3 Meet other parents** online and ask questions and begin learn about FASD and strategies. For a friendly and wise group visit:

**Parenting FASD Kids at**  
[www.facebook.com/groups/ParentingFASDKids/](http://www.facebook.com/groups/ParentingFASDKids/)

**5 Find your resources** to learn, educate and advocate about FASD and how you can help your child in new parenting strategies, school, medical, social services and life skills.

**Resource directory at**  
[www.nofas.org](http://www.nofas.org)

**6 Get organized** Gather together information about prenatal and medical history, school reports and any previous diagnosis. Create a learning log of what behaviors you see and when you see them.

**Organization Ideas at**  
[cshcn.org/planning-record-keeping/documents/](http://cshcn.org/planning-record-keeping/documents/)

**7 Speak with your primary doctor** about what you believe to be true and get a referral for an FASD Screening. A screen should include the following: Growth, Facial Features, Brain Development and Functioning and known or suspected exposure to alcohol utero. Bring the primary doctor toolkit to your doctor.

**Resources for your doctor at**  
[www.aap.org/fasd](http://www.aap.org/fasd)

\*FASD - Fetal Alcohol Spectrum Disorders

**4 Increase your knowledge about FASD** CDC is updated and current. NIAAA also has great materials. Attend an online webinar or class.

**Learn more at**  
[www.cdc.gov/ncbddd/fasd/diagnosis.html](http://www.cdc.gov/ncbddd/fasd/diagnosis.html)

**2 Breathe** Make a list of 20 things to do to keep yourself healthy - self care is vital. Try to find things that help you relax, have fun, and smile. And don't forget to laugh.

**8 Persevere** this is a journey. Follow the steps required to get your child the diagnosis for help and understanding.

**Gain strength at**  
[www.ParentingComplexChildren.com](http://www.ParentingComplexChildren.com)

**9 Advocate for change** changing perceptions and reactions to persons with differences takes everyone **FREE curriculum at**  
[www.FurryThePenguin.com](http://www.FurryThePenguin.com)

**10 Join Us at Red Shoes Rock** to stop the stigma, network with people around the world to start conversations.

**Join us at** [www.RedShoesRock.com](http://www.RedShoesRock.com)

**Red Shoes Rock TOGETHER**  
We're Unstoppable

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"HAVING  
**FASD**  
FEELS  
LIKE A  
DARKNESS  
THAT'S  
TRYING  
TO COVER  
UP MY  
**COLOURS.**"

**SEPT. 9TH IS  
INTERNATIONAL FASD AWARENESS DAY**

FETAL ALCOHOL SPECTRUM DISORDER IS THE LEADING CAUSE OF DEVELOPMENTAL DISABILITY IN CANADA, WITH A PREVALENCE RATE TWICE AS HIGH AS AUTISM. FOR MORE INFORMATION, VISIT [CANFASD.CA](http://CANFASD.CA) OR [COMPLEXKIDSRESOURCEHUB.WEEBLY.COM](http://COMPLEXKIDSRESOURCEHUB.WEEBLY.COM) OR CALL 604-528-3950 TO SPEAK TO A TRI-CITIES KEY WORKER ABOUT FASD RESOURCES AND SUPPORTS. LET'S WORK TOGETHER TO MAKE SURE THESE CHILDREN AND YOUTH DON'T HAVE TO FIGHT THE DARKNESS ALONE.

THIS ORIGINAL WORK OF ART WAS CREATED BY CHEYENNE FLEMING, AN 18-YEAR OLD ARTIST LIVING WITH FASD.

# I AM A CAREGIVER!



## FOR A PERSON WITH FASD

THE CHALLENGES	THE SUPPORT I NEED	MY CAREGIVING JOB
<p><b>Age 0-2:</b></p> <ul style="list-style-type: none"> <li>• Sensory integration issues including aversion to touch, light and sound are common</li> <li>• Failure to thrive due to feeding difficulties</li> <li>• Significant difficulties in emotional regulation</li> <li>• Sleeping patterns may be disrupted</li> <li>• Major developmental milestones are missed</li> </ul>	<p><b>RESPIRE</b></p> <p>I need access to respite services so I can restore my own emotional reserves.</p> <p><b>EARLY INTERVENTION</b></p> <p>I need access to early intervention to help me maximize my child's skill development.</p>	<ul style="list-style-type: none"> <li>• Foster healthy attachment through responsive caregiving</li> <li>• Learn my child's likes and dislikes</li> <li>• Provide a controlled and stable environment for my child</li> <li>• Seek early intervention and occupational therapy programs</li> </ul>
<p><b>Age 2-5:</b></p> <ul style="list-style-type: none"> <li>• Problems learning and understanding language</li> <li>• Children are easily overstimulated</li> <li>• Struggles with transitions and activity changes</li> <li>• Hyperactivity</li> <li>• Oppositional behaviours</li> <li>• Difficulties in learning through consequences</li> </ul>	<p><b>SPECIALISTS</b></p> <p>I need access to specialists that can help with developmental delays.</p> <p><b>DISABILITY FUNDING</b></p> <p>I need access to additional funding to support my child's life-long needs.</p>	<ul style="list-style-type: none"> <li>• Establish regular routines with extra attention to activity transitions</li> <li>• Provide extra opportunities for language learning</li> <li>• Learn the early signs of overstimulation and behaviour issues</li> <li>• Exercise patience and consistency</li> </ul>
<p><b>Age 5-10:</b></p> <ul style="list-style-type: none"> <li>• Struggles in school due to inattention, hyperactivity, language difficulties and oppositional behaviours</li> <li>• Difficulties in planning and following routines</li> <li>• Major sleep problems</li> <li>• Sensory issues and environmental sensitivities</li> </ul>	<p><b>EDUCATIONAL SUPPORT</b></p> <p>I need a school with funding to provide my child with individualized educational supports.</p> <p><b>TRAINING</b></p> <p>I need training on meeting challenges, caring for myself and helping my child succeed.</p>	<ul style="list-style-type: none"> <li>• Develop a learning plan with my child's school and teacher</li> <li>• Provide a consistent, predictable routine</li> <li>• Modify my child's environment to reduce sensory stresses</li> <li>• Address challenging behaviours immediately as they develop</li> </ul>
<p><b>Age 10-15:</b></p> <ul style="list-style-type: none"> <li>• Children with FASD are easily influenced by peers</li> <li>• Behaviour issues can escalate and may include theft, lying and violence</li> <li>• Struggles with abstract concepts like money and time</li> <li>• Lack of empathy and significant social difficulties</li> <li>• Underdeveloped emotion regulation skills</li> </ul>	<p><b>BEHAVIOURAL SUPPORT</b></p> <p>I need access to specialists that can advise me on dealing with difficult behaviours.</p> <p><b>COMMUNITY PROGRAMS</b></p> <p>I need community programs that give my child a chance to be social and successful.</p>	<ul style="list-style-type: none"> <li>• Monitor behaviour and friends closely</li> <li>• Seek professional help for major behaviour issues</li> <li>• Create a plan with my child to address emotional episodes</li> <li>• Teach my child about social situations with many cues and reminders</li> </ul>
<p><b>Age 15-20:</b></p> <ul style="list-style-type: none"> <li>• Sexual health, drugs and alcohol use are risk areas</li> <li>• Continued struggles with impulse control, planning and understanding abstract concepts (math etc.)</li> <li>• Oppositional behaviours and possible violence</li> <li>• Depression and other disorders may appear</li> <li>• Reach legal adulthood - developmentally immature</li> </ul>	<p><b>MEDICAL PROFESSIONALS</b></p> <p>I need medical professionals that understand the challenges of FASD.</p> <p><b>INFORMATION AND PLANNING</b></p> <p>I need information on what options exist for my child in adulthood.</p>	<ul style="list-style-type: none"> <li>• Proactively talk about major issues like sex, drugs and alcohol use</li> <li>• Get help immediately for extreme behaviours or psychological symptoms</li> <li>• Plan for my child's adulthood, trusteeship &amp; guardianship</li> <li>• Talk about my child's goals and dreams</li> </ul>
<p><b>Adulthood and Beyond:</b></p> <ul style="list-style-type: none"> <li>• Adults often appear more competent than they are</li> <li>• Difficulty holding employment</li> <li>• Involvement with the legal system</li> <li>• Unintended pregnancy and parenthood</li> <li>• Continued risky/impulsive behaviours</li> <li>• Addictions</li> </ul>	<p><b>LEGAL HELP</b></p> <p>I need access to legal advice related to lifespan planning and any legal system problems.</p> <p><b>FINANCIAL RESOURCES</b></p> <p>I need to know that the person I have cared for will have ongoing financial support.</p>	<ul style="list-style-type: none"> <li>• Continue to provide support with daily living activities</li> <li>• Ensure a safe and supportive living environment</li> <li>• Help others understand that while the person I care for may look mature, they have a life-long disability and face many challenges</li> </ul>

**MY JOB IS NOT EASY. MY CHILD WILL FACE CHALLENGES. BUT WITH SUPPORT... WE CAN THRIVE!**



## The FASD Child - Shifting Our Thinking

Too often the child is thought of as:

Won't  
Bad  
Lazy  
Lies  
Resisting  
Mean  
Doesn't care; shut down  
Refuses to sit still  
Fussy, demanding  
Not trying to get the obvious  
Trying to make me mad  
Trying to get attention  
Acting younger  
Thief  
Inappropriate  
Doesn't Try

We must shift our thinking to understanding the child as one who:

Can't  
Frustrated, defended, challenged  
Tries hard  
Confabulates; fills in  
Doesn't "get it"  
Defensive, hurt, abused  
Can't identify or show feelings  
Over-stimulated  
Oversensitive  
Needs to be retaught many times  
Can't remember  
Needs contact, support  
Is developmentally younger  
Doesn't understand ownership  
May not understand proprieties  
Tired of failing; exhausted or  
can't start



**EFAN**  
Edmonton and area  
Fetal Alcohol Network

From: Mrs. L. Martini  
<http://martinistyle.wordpress.com/tag/fasd/>



Red Shoes Rock  
**TOGETHER**  
We're Unstoppable



Compliments of [ParentingComplexChildren.com](http://ParentingComplexChildren.com), [BetterEndings.org](http://BetterEndings.org) and [RealMindz.com](http://RealMindz.com)