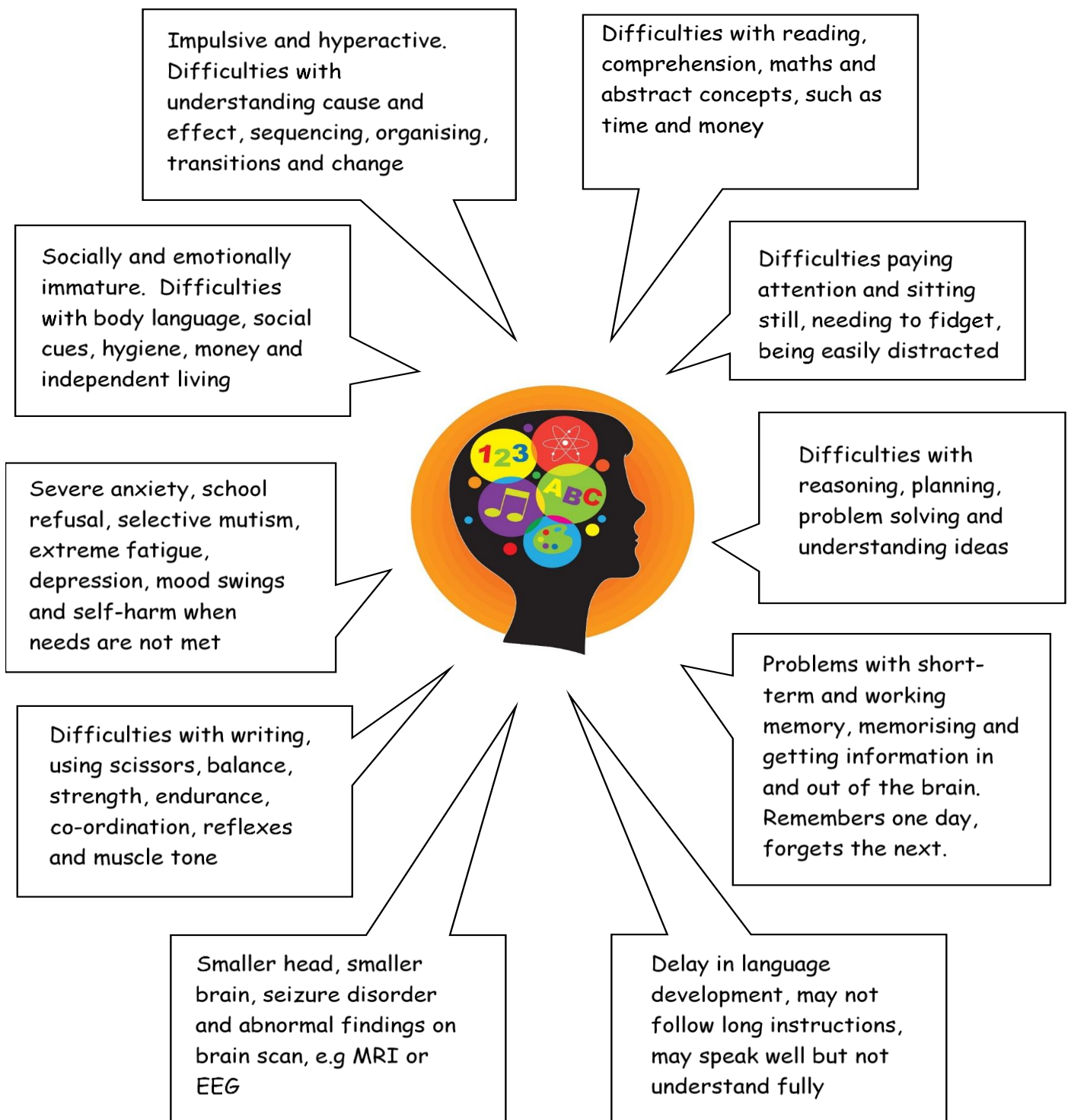


What is FASD?

Foetal Alcohol Spectrum Disorder (FASD) describes the impacts on the brain and body of individuals prenatally exposed to alcohol. FASD is a lifelong disability. Individuals with FASD will experience some difficulties in their daily living, and need support with motor skills, physical health, learning, memory, attention, communication, emotional regulation, and social skills to reach their full potential. Each person with FASD is unique and has areas of both strengths and challenges.

Ten brain challenges which can occur in people with FASD



What helps with FASD at home?

Routine and structure

- Words, pictures or timers for different activities
- Same routine each day
- Picture symbols, calendars and diaries

Relationship

- ♥ Develop trust
- ♥ Be understanding, caring and consistent
- ♥ Work side-by-side
- ♥ Be flexible when individual is becoming overwhelmed
- ♥ Build on strengths and interests
- ♥ Have fun together!

Thinking and Reasoning

- ☁ Work together as a team
- ☁ Plan together
- ☁ Use step-by-step instructions
- ☁ Help with time and money
- ☁ Practise life skills together (crossing roads, shopping)

Environment

- ♠ Change the environment, not the individual
- ♠ Decrease noise, people and clutter
- ♠ Organise toys and clothes
- ♠ Make a quiet den with blankets and cushions

Communication

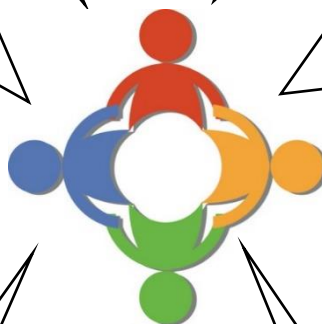
- ✓ Slow down
- ✓ Keep it short and simple
- ✓ Show as well as tell
- ✓ Repeat and re-repeat
- ✓ Encourage and praise effort
- ✓ Try differently not harder, if at first you don't succeed

Calming

- ≈ Move to relax (e.g. bounce, swing, spin, ride a bike)
- ≈ Have a bath or firm massage
- ≈ Try gymnastics moves (e.g. star jumps, handstands, cartwheels)
- ≈ Keep to the same routine before bed, with rocking and reading to child

Sensory

- ♣ Decrease stimulation (e.g. remove labels from clothes, provide soft, seamless, cotton clothes)
- ♣ Use movement to soothe senses (e.g. push or pull Hoover, squeeze Play-Doh, slime or bread dough)



What helps with FASD in school / college?

Communication

- ✓ Keep instructions clear, simple and short
- ✓ Say what you want, **not** what you **don't** want
- ✓ Show as well as tell
- ✓ Slow down to allow time for processing
- ✓ Repeat and re-repeat
- ✓ Remind of what is going to happen next
- ✓ Praise and encourage effort

Relationship

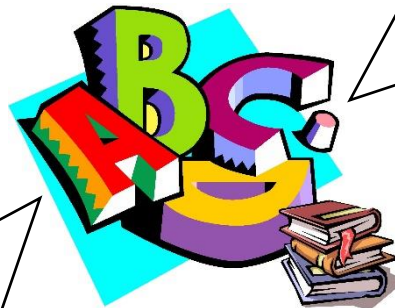
- ♥ Develop a relationship of trust
- ♥ Be firm but caring
- ♥ Be consistent
- ♥ Work together as a team
- ♥ Recognise signs of stress
- ♥ Be supportive and flexible
- ♥ Reduce expectations when stress increases
- ♥ Build on strengths and interests

Environment

- ♣ Modify environment
- ♣ Minimise people, distractions and clutter
- ♣ Provide a quiet workspace
- ♣ Make a safe place to calm down / regroup

Sensory

- ≈ Regular movement breaks during the day
- ≈ Sensory diet
- ≈ Adjust seating/desk
- ≈ Allow fidget toys



Routine and structure

- Consistent timetable and teachers
- Train all staff in FASD
- Visual timetable for each day
- Warn of changes in advance
- Help with transitions (e.g. lesson to lunch)
- Supervise break and lunchtimes (e.g. have playground buddy, quiet place to eat, lunchtime clubs)

Teaching style

- Teach with all the senses
- Allow group, pair and 1:1 working
- Differentiate work, with less writing and more space
- Focus on life skills
- Practise abstract skills in the real world, e.g. time, money
- Make learning fun by using strengths and interests
- Encourage having a go
- Revise often
- Minimise homework
- Communicate regularly with home

Further information

FASD CYMRU (Facebook Page, public)

Grŵp Cymorth FASD CYMRU Support Group (Facebook group, private)

FASD UK Facebook group (private support group)

FASD CYMRU <http://www.fasdcymru.org>

NOFAS-UK – resources for parents, children and teachers (including online course on FASD)

<http://www.nofas-uk.org/?cat=21>

Healthy Child Manitoba (Canada) Supporting people with FASD – for educators and parents

<https://www.gov.mb.ca/healthychild/fasd/resources.html>

Complex Learning Disabilities and Difficulties (CLDD) briefing pack on FASD

<https://barrycarpentereducation.com/tag/fasd/>

FASD Network UK – resources for teachers, caregivers, children, practitioners and adults with FASD

<http://www.fasdnetwork.org/resources.html>

