

FASD

FAMILY FEEDBACK SHEET

Children with prenatal alcohol exposure who experience behavioral and cognitive challenges

Prenatal exposure to alcohol can cause brain-based behavioral, cognitive, and physical challenges, which are called fetal alcohol spectrum disorders (FASD). These are lifelong conditions, though they can be well-managed and there are a number of interventions that can be very helpful. While it is hard to prepare for a new diagnosis, it can also help reframe current behaviors and struggles, connect you to services, and help you feel less stressed and more effective.

If you receive information about FASD for your child, you are not alone and connecting to treatment and resources early can help them (and your family) have the best possible outcomes at home, at school, and in life

RESOURCES

Connecting to Others



- Find local support groups (online or in person), check social media
- NOFAS is a national organization with local affiliates and organization (www.nofas.org) – check out the resource directory

School Resources



- Request an Individualized Education Plan (IEP) evaluation in writing
- Educate your child's school about FASD and bring an advocate
- The CDC – (www.cdc.gov/ncbddd/fasd/educators.html)
- USD "Fetal Alcohol Spectrum Disorders Educational Strategies Handbook"
- The Educators guide for FASD (K-8) – (www.sites.duke.edu/fasd)

Support at Home



- NOFAS Parenting (www.nofas.org/parents) and Living with FASD page
- American Academy of Pediatrics (www.aap.org) has "The Basics of Fetal Alcohol Spectrum Disorders: Information for Families" free online
- Families Moving Forward phone app – (www.fmconnect.com)
- FASD Hope Podcast – (www.fasdhope.com)

Additional Support



- The CDC FASD website - (<https://www.cdc.gov/ncbddd/fasd/families.html>).
- To start, we recommend the book: "Trying Differently Rather than Harder: Fetal Alcohol Spectrum Disorders" by Diane Malbin
- Guide to Executive Function – (www.developingchild.harvard.edu/guide/a-guide-to-executive-function)