

FASD Fact Sheet

Routines and checklists are helpful for children with FASD

People with FASD may struggle with

- Memory
- Difficulty learning
- Attention span
- Communication
- Social interactions
- Impulsivity

Aid transitions. Give 10 and 5 minute warnings before it is time to transition to a next task

Use literal language, avoid idioms and sarcasm

Stats

- 1/20 U.S. school children may have FASD
- Estimated that 40,000 babies are born every year with FASD
- 10.6% of women reported alcohol use when pregnant
- 3.7% of women reported binge drinking when pregnant

6 word instruction rule. Keep your sentences and instructions limited to a few words. This makes it easier for the children to understand instruction. For example, say “Take off and hang up your coat” Instead of, “Can you please take your coat off and hang it on the coat rack”



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(continued)

Reward good behavior, celebrate strengths

Secondary Effects

- Mental health problems
- Trouble in school
- Trouble with the law
- Substance abuse
- Unemployment
- Confinement

Have patience, progress is not linear

Have a support system in place. For the child and the parents.

Start early. Getting a FASD diagnosis before the age of 6 has proven to positively affect the child's life. Having an early diagnosis helps parents educate themselves and others. It also gives parents the understanding of the best way to support their child when a proper diagnosis is received

Set realistic goals and expectations. Children with FASD are emotionally and developmentally immature, set your standards accordingly. Children with FASD act about half their age.