

National Organisation for Foetal Alcohol Syndrome-UK

EASD

**INFORMATION
IS POWER**



Understanding is key

Behaviours are symptoms

They ARE trying

It's not intentional

Strategies can help

Patience pays off

You can

Create a brighter future

*The more Foetal Alcohol Spectrum Disorders are understood & brain-based strategies are used, the better the outcomes, the happier the families**

*Source: Petrenko, et. al Univ. of Rochester, Dec 2016 in Research in Developmental Disabilities



We're here to help
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BRAIN-BASED STRATEGIES & SUPPORT selected resources

UNDERSTANDING IS KEY

A recent study by researchers at the University of Rochester showed that “thinking about behavior differently can lead to happier FASD families”: <http://bit.ly/2kmRgWr>

When families and friends understand the underlying brain issues related to Foetal Alcohol Spectrum Disorders (FASD), they can put in place pre-emptive strategies that lead to greater success in managing behaviours and decreased frustration. Even before a diagnosis, these sorts of strategies can often help.

Here are some resources that give insight into this ‘alternative’ parenting. Learning these techniques takes time, and can feel counter-intuitive, but they often do work. Once you understand a person with FASD’s brain is wired differently, things start to make more sense. There’s a reason why it’s called a “hidden disability.”

- **What can I do to help my child/adult with FASD?** This brief video clip by Dr Raja Mukherjee summarises the key points of how to think differently about parenting to meet the needs of a child with FASD: <http://bit.ly/2jP3oMe>
- **Trying Differently Rather than Harder.** This book by Diane Malbin is a key resource for those seeking to understand the ‘neurobehavioural’ approach: <http://come-over.to/FAS/store/MalbinBook.htm> A summary is available on this YouTube video: <http://bit.ly/2l4LsCi>
- **FASD is a Disability Not a Behavior Issue** – this video by Kids Brain Health Network is geared for teachers but applies for parents too: <https://vimeo.com/71091322>
- **Strategies Not Solutions** is another great resource – it includes some parenting ideas based on age: (<http://bit.ly/2kNg7E4>) While you’re there, check out the other great resources on the NOFAS-UK website: www.nofas-uk.org
- **Why Typical Behavioural Approaches May Not Work**, an insightful POPFASD video with Nathan Ory: <http://bit.ly/2jP46sP>
- **Oregon Behavior Consultation You Tube** channel - this series of videos with Nate Sheets specifically address various behaviours and provides possible approaches targeted for those with FASD. These videos are gold for parents looking for concrete ideas: <http://bit.ly/2kdir5M>
- **Teens With FASD: What Makes Them Tick?** This piece by Teresa Kellerman delves into some of the issues related to the difficult teenage years: <http://come-over.to/FAS/TeensTick.htm>
- **FASD UK Resources You Tube Channel** collects in one place a wide range of FASD resources from YouTube. It’s worth skimming through if you are looking for insight on a particular area: <http://bit.ly/251r03M>

- **9 Tips for Creating a Sensory Space at Home on a Budget** by Christina Massimi gives concrete suggestions on how to meet a child's sensory needs: <http://bit.ly/2jfLq68>
- Prenatal exposure to alcohol causes enduring brain damage, by WA Phillips, University of Stirling, Scotland provides a more scientific overview of the impact on the brain: <http://bit.ly/2k7YHOB>
- **Understanding Fetal Alcohol Spectrum Disorders**, a book by Maria Catterick and Liam Curran is full of useful information and tips: <http://amzn.to/2l9pERZ>

YOU ARE NOT ALONE!

- **FASD UK Facebook Support Group:** <https://www.facebook.com/groups/FASDUK/> – this is our go-to place for online support. As a sister organisation of the FASD UK Alliance, NOFAS-UK actively participates in this Facebook support group, which includes diverse input from birth parents, foster carers, guardians, adopters, extended families, and adults with FASD, making it the most vibrant online FASD support community in the UK. (Please note, if you click to become a member, please check your 'message requests' in Facebook, an admin will contact you to confirm membership.)

LEARN FROM THOSE WHO LIVE IT

- **FASD Role Models** - There is information here about adults and young adults with FASD who provide insights into what it's like to live with FASD: <http://bit.ly/2k7Wcvx>
This list includes just a few, there are many, many more amongst us, living lives of courage every day. They give voice to the younger kids who are unable to explain what it's like for them. It's critically important to remember adults with FASD also need continued support and understanding. The brain-based issues central to FASD are life-long.

STAY TUNED AND STAY IN TOUCH

This is the first of a series of NOFAS-UK posts featuring available FASD resources. There are many, this is only the tip of the iceberg. We welcome your thoughts on any resources that have worked for you. Most of all, hang in there! Grab some earphones and have a listen to some videos if you need a little get away. You can do this.

(Every person with FASD is different. Consult your doctors and other professionals about these and other strategies.)

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Email: info@nofas-uk.org
NOFAS-UK helpline: 020 8458 5951
Twitter: @NOFASUK