

"Parenting a child with FASD demands that we suit up and remain prepared for all sorts of unanticipated situations, including those moments of joy."

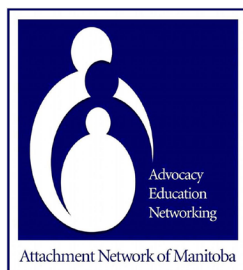
– FASD Learning With Hope

"I thought I would have to teach my child about the world. It turns out, I have to teach the world about my child."

– Child's Voice



# 10 Things YOUR CHILD with Fetal Alcohol Spectrum Disorder Wants You To Know

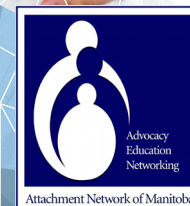


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[www.mefasd.com](http://www.mefasd.com)





## Are you raising a child with Fetal Alcohol Spectrum Disorder (FASD)?

### 1 “Relationship” is the strongest and most effective way to connect with me.

I need to feel valued, cared for and important. It helps me trust you and follow your lead especially when things are hard.

### 2 I need you to know I'm really trying my best.

Due to my brain differences I don't always remember or “get it”. During these times please stay with me and be patient. Learn about FASD and ask for help.

### 3 I really need consistency.

Having routines I can count on helps me feel secure and able to predict what comes next. This is especially helpful during daily activities like getting up in the morning, mealtimes, and going to bed.

### 4 Busy, loud environments can be too much for my brain and body to handle.

My sensory system gets overwhelmed and I need your help to manage. Often a calming break, some movement or a quiet space can help me settle.

### 5 When I can't say what I need, sometimes you will see it in my behaviour.

Take time to watch and notice me. This will help you understand what my behaviour is really saying and guide you to support me in ways that I need.

### 6 I need you to stay calm, especially when I am not.

It really helps me to move through my big feelings, like if I am yelling, swearing or hitting, when you stay grounded and don't take it personally. Let me know you are here to help and assure me we will be okay.

### 7 Give me lots of opportunities to try again.

Don't give up on me, let me know you are “on my team” and we can work through things together. I may need more time, reminders and support to understand. Be patient with me.

### 8 It's important to involve me in plans and strategies.

Ask me what I think, what I need and if I can, I will let you know. Sometimes I might need your help to figure this out. I may need you to use less words with me, to break steps down for me, or give me extra time to switch between activities.

### 9 I need to feel success and that I am good at things.

Help me participate in things I like and notice where my strengths are. Let me know I have done well; this will help me build confidence and self-esteem.

### 10 Set aside time to play with me and enjoy me.

I need to spend some special and fun times with you. This strengthens our relationship and builds happy memories we can share together.

