





Strategies for Addressing FASD

BIRTH – AGE 3	AGES 4 – 12	TEENAGERS	ADULTS
 <ul style="list-style-type: none"> ▪ Slow physical growth ▪ Sleeping and feeding difficulties ▪ Slower rate to learn new skills ▪ Sensitivity to touch, sounds, light 	 <ul style="list-style-type: none"> ▪ Good talking skills, but poorer understanding ▪ Poorer math compared to other skills ▪ Difficulty making friends with peers/prefers younger children 	 <ul style="list-style-type: none"> ▪ Physical/sexual maturity with emotional/social immaturity ▪ Easily led by others ▪ Transparent lying ▪ Frustration/depression at their inability to fit in 	 <ul style="list-style-type: none"> ▪ Difficulty keeping jobs ▪ Ongoing need for structure in life ▪ Desire for family, independence
Strategies to Help	Strategies to Help	Strategies to Help	Strategies to Help
<ul style="list-style-type: none"> ▪ Understand a child will be smaller and adjust expectations ▪ Control the bedtime environment; quiet, dark, heavy blankets, consistent time ▪ Allow lots of time for meals in a quiet, low distraction setting ▪ Seek early intervention services ▪ Try sensory integration therapy 	<ul style="list-style-type: none"> ▪ Ask “show me” to check for understanding ▪ Focus on strengths ▪ Provide concrete objects to help learn abstract skills ▪ <u>Teach</u> social skills, such as when to touch others ▪ Reduce distractions in the environment ▪ Keep daily schedule consistent 	<ul style="list-style-type: none"> ▪ Rehearse behaviors for risky situations ▪ Start sex/alcohol education early and repeat often ▪ <u>Teach</u> meanings of tone of voice, facial expressions ▪ Find an advocate in the school or community ▪ Try vocational education programs ▪ Help create appropriate social situations ▪ Get help to sort out normal adolescent behavior from real problems ▪ Educate about FASD 	<ul style="list-style-type: none"> ▪ Choose jobs with built in structure ▪ Seek as much independent living as possible ▪ Find support groups ▪ Seek vocational training/job coach ▪ Teach friends and employers about FASD