

YES! THERE IS HOPE

# FASD 1 in 20? Break the Myths

## 1 FASD IS NOT HOPELESS

There may be a lot happening in the body and brain of a child living with FASD.

Learn what is going on with sensory, intellectual, and internal system with your professional to create a flexible plan.



## 2 KIDS CAN LEARN

There are many ways to learn new things.

Find ways your child learns best, enhance with play, and meet at their developmental level. Fear and anxiety stalls learning.



## 3 DIAGNOSIS, EARLY INTERVENTION AND UNDERSTANDING

The earlier we know the core issues, the more opportunity we have to make adjustments in our child's life.



## 4 FRIENDS MATTER

Provide children opportunities to develop friendships, enjoy healthy play, and practice social skills to empower their future.

**Everyone needs a friend.**



## 5 SUCCESS IN ADULTHOOD

Build on strengths and interests while supporting challenges. First learning is important in building skills in interdependent living.



FASD = Fetal Alcohol Spectrum Disorder  
Visit: ParentingComplexChildren.com

**Together we can!**



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# RESOURCES to help you.

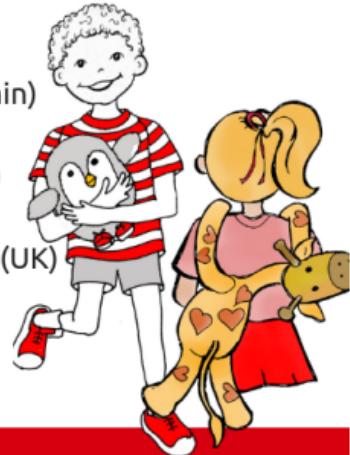
## SUPPORT FOR FAMILIES

### Facebook

- Parenting FASD Kids (Ann Yurcek-admin)

### Our Favorite Websites & Blogs

- ParentingComplexChildren.com (USA)
- **ItsMackiesWorld.com** (USA)
- fasdlearningwithhope.wordpress.com (UK)
- oursacredbreath.com/blog/ (Canada)
- fasdforever.com (Canada)
- depts.washington.edu/fmffasd (USA)



## RESOURCES & CONNECTIONS FOR UNDERSTANDING, DIAGNOSIS, & TREATMENT STRATEGIES

- [www.nofas.org](http://www.nofas.org) (Resource Directory)
- [www.aap.org](http://www.aap.org) (search Fetal Alcohol Physician Toolkit)
- [www.cdc.gov/ncbddd/fasd](http://www.cdc.gov/ncbddd/fasd) (Center for Disease Control)
- [medlineplus.gov/fetalalcoholspectrumdisorders.html](http://medlineplus.gov/fetalalcoholspectrumdisorders.html)
- [www.mayoclinic.org](http://www.mayoclinic.org) (search Fetal Alcohol Syndrome)
- [www.thearc.org/FASD-Prevention-Project](http://www.thearc.org/FASD-Prevention-Project) (advocacy)

## EDUCATION AND YOUR COMMUNITY

- [www.FurryThePenguin.com](http://www.FurryThePenguin.com) (inclusion curriculum)
- What Educators need to know about FASD  
[www.gov.mb.ca/healthychild/fasd/fasdeducators\\_en.pdf](http://www.gov.mb.ca/healthychild/fasd/fasdeducators_en.pdf)
- [OregonBehavior.com](http://OregonBehavior.com) (Nate Sheets)
- [do2learn.com/disabilities/CharacteristicsAndStrategies/FASD\\_Strategies.html](http://do2learn.com/disabilities/CharacteristicsAndStrategies/FASD_Strategies.html)
- [www.youtube.com/MichaelHBallard/](http://www.youtube.com/MichaelHBallard/) (Resiliency training)



## ADULTHOOD AND ADULT TRANSITION

### Facebook Group with FASD Life Experts

- [FASDaFlyingwithbrokenWings](http://FASDaFlyingwithbrokenWings)

### Websites

- [www.BetterEndings.org](http://www.BetterEndings.org) (Live Abilities)



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