



Families Moving Forward Information Sheet

FASD and PAE: What Are These & What Can You Do?

THE BASICS AND A WAY FORWARD

When there is drinking during pregnancy, the developing child's body and brain can be affected. Drinking during pregnancy means that there is prenatal alcohol exposure (PAE). If a child's development is affected enough, they may have a condition that falls in the category of fetal alcohol spectrum disorders (FASD).

It may be that your child was exposed to alcohol before they were born, so they have PAE. Your child may also have gone to a clinic and been diagnosed with a condition in the category of FASD. What we call "FASD-informed Care" is important.

One intervention we offer that provides this kind of care is the Families Moving Forward Program. **This program has scientific research to show it can work.** Just taking part in the FMF Program will help you learn a lot about FASD and PAE. You will also learn a lot about your child. If you join the FMF Program, we hope you will feel more effective and have an even more enjoyable time with your child.

So thinking about FASD and PAE is important!

And intervention can help!

BRAIN-BASED DIFFICULTIES

Children affected by PAE or those with FASD can struggle with learning and behavior. They have "brain-based difficulties" that come from their exposure to alcohol before birth. Each child has their own unique profile of difficulties. But each child also has their own special strengths. Each child also has their own set of life experiences. These experiences affect how they show FASD or the effects of PAE.

IF YOU DO THE FMF PROGRAM

In the FMF Program, you will meet one-on-one with your own "FMF Specialist." They can provide knowledge and support to you and your child. In the FMF Program, you will also learn about your child's unique profile of difficulties and strengths. You will find out how learning difficulties can sometimes be mistaken as misbehavior. You will learn to "reframe" how you think about and respond to your child's behavior. You will learn to come up with "accommodations." These are ways you can modify what you do. You can also modify your child's schedule, home and school program. These changes can help your child behave and learn better. You will also learn how to make effective behavior plans in a "brainstorming" process. These plans can help you better manage your child's behavior.

Knowing how a child is affected by PAE or FASD helps you to know what to do. In the FMF Program, you will learn a lot about this. You will also learn to think about your child's "acts-like age." Children with PAE or FASD can sometimes act much younger than their actual age. They may also have an uneven profile of skills. This can be confusing!

WHAT TO DO NOW

Talk to your agency about the FMF Program. You can also ask about other ways they can provide good FASD-informed Care. See what you want to do!

One mother said: "If you know what you are up against, you know what to do!"