

Children with FASD

What You Can Do

For Babies

- Cuddle your baby often, making eye contact and using soft soothing words.
- Avoid sudden movements and bouncing.
- Establish a strict routine for feeding and sleeping.
- To reduce sleeping problems, make sure your baby's room is dark and quiet, and avoid stimulation. Swaddling or using a baby-carrier may be helpful.
- If your baby has a poor suckling response when feeding, using a preemie nipple might work. Consider smaller, more frequent feedings.

As Your Child Gets Older

- Provide simple, concrete instructions. Avoid using words that are complex or have double meanings.
- Repeat information and instructions often.
- Teach your child effective ways to make his/her wants known—tantrums may be the only way he/she knows how to do this.
- Help your child learn to distinguish family and friends from strangers—some children with FASD are overly friendly with strangers.
- Work out and stick to consistent routines—this will reduce anxiety and stress for your child.
- Provide structure—it will help your child to make sense of the world.
- Model positive behaviours—don't just tell your child how to act, show it too.
- Identify and reward your child's strengths, skills and interests.
- Learn to recognize the 'triggers' that cause your child to lose control (e.g., hunger, fatigue).
- Use discipline methods that teach your child self-control and responsibility:
 - < Reward positive behaviour.
 - < Provide appropriate consequences (e.g., a "time out") immediately after your child misbehaves.
 - < Be consistent and firm but kind.
 - < Follow through with what you say.

Be An "External Brain"

Many children and adults with FASD have problems with organizing and planning their lives. It can help to nominate a person (such as a family member or friend) as an "external brain" to provide reminders about appointments, and help to organize the day with lists, written cues and specialized calendars.

**You may want to share this information sheet
with your child's teachers and caregivers (if applicable).**

