

FASD IS FETAL ALCOHOL SPECTRUM DISORDER

# FASD: IT IS MORE PREVALENT

**THAN** AUTISM, DOWN SYNDROME,  
CEREBRAL PALSY, CYSTIC FIBROSIS,  
SPINA BIFIDA, AND  
SUDDEN INFANT DEATH SYNDROME

# COMBINED.

**HOPE IS POSSIBLE WITH  
SUPPORT & TRAINING!**

**HELP US SUPPORT FAMILIES  
& INDIVIDUALS IMPACTED BY FASD.**



**GIVE NOW:**

**FAFASD.ORG**

STATS FROM  
FASDCENTER.  
SAMHSA.GOV

# Fetal Alcohol Spectrum Disorder



**9 in 1,000 of babies are born with Fetal Alcohol in the United States and Canada**

2-3% of elementary school children in the Greater Toronto Area are diagnosed with FASD

Typically diagnosed in children with:

- lower than average height and weight
- abnormal facial features
- central nervous system problems



Facial features including smooth ridge between the nose and upper lip



Sleep and suckling problems in newborns



Hearing and vision problems



Speech and language impairments



Kidney and bone dysfunction



Learning disabilities and short-term memory problems



No official diagnosis, but early diagnosis (before the age of 6) can be critical in improving the quality of life

## Ways to help a child with FASD:

- provide a nurturing and stable home environment
- utilize special education resources and social services
- some medications, behavioural therapy, and parent training may help



Preventable by abstaining from alcohol while pregnant

## Accommodations

- Students with FAS may:
- need preferential seating due to hearing and vision problems
- need assistive devices or assistance in class due to poor coordination
- need extra time to do in-class and homework assignments
- need learning support, especially in reading and math
- have trouble getting along with other children
- be at risk of being bullied
- take medicines to help with attention problems and behavior
- miss class time for occupational, physical, and speech therapies
- need an individualized education program (IEP) or 504 education plan

## What Teachers Can Do

Students with fetal alcohol syndrome do best in a structured environment with a consistent daily routine. You can help your students by:

- presenting information in clear, brief, and simple segments
- reducing distractions in the classroom
- using visual materials
- announcing schedule changes and transitions well in advance
- using small-group settings when possible

Finding the best strategy for students with FAS may take time. Assessing students' unique strengths, praising them for their efforts, and providing a supportive environment can go a long way toward helping kids and teens with fetal alcohol syndrome do their best in school.



# Famous people with Fetal Alcohol Syndrome

- Reese Witherspoon
- Bernie Sanders
- Jim Carrey
- Daniel Radcliff

## Strengths of Persons With an FASD

- Friendly
- Likeable
- Verbal
- Helpful
- Caring
- Hard worker



- Determined
- Have points of insight
- Good with younger children\*
- Not malicious
- Every day is a new day

# Fetal Alcohol Spectrum Disorders

## ~Egg Experiment~



Soak in vinegar and gently scrub to remove egg shell.

“Alcohol **passes easily** from a mother’s bloodstream into her developing baby’s blood. Alcohol present in a developing baby’s bloodstream can **interfere with the development of critical organs and body parts, including the brain**.”

-National Institute on Alcohol Abuse and Alcoholism 7/2013

- Place eggs in:
1. Water + 20 drops red food dye.
  2. Alcohol
  3. Water



Observe after 24 hours.

Observe after 48+ hours.



Normal yolk

Dyed white



Cooked yolk

Cooked white



Normal yolk

Normal white