

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

Strategies for Addressing FASD, Birth - Age 3

Sleeping	Eating	Touch/Sensory	Developmental Delays
 <ul style="list-style-type: none"> • Trouble falling asleep • Wakes after short periods • Does not develop a regular sleep/wake pattern 	 <ul style="list-style-type: none"> • Has trouble coordinating sucking and swallowing • Tires easily from feeding (falls asleep) • Pushes nipple or spoon out of mouth with tongue • Is easily distracted away from task of eating 	 <ul style="list-style-type: none"> • Stiffens, rather than softens when held • Bathing, brushing teeth or hair are difficult • Startles easily • Sniffs everything • Certain clothes, tags are irritating; child removes clothes 	 <ul style="list-style-type: none"> • Skills such as walking, talking are delayed • Physical skills may be clumsy • Language acquisition is slow • Needs to hear things over and over again
<p style="text-align: center;">Strategies to Help</p>	<p style="text-align: center;">Strategies to Help</p>	<p style="text-align: center;">Strategies to Help</p>	<p style="text-align: center;">Strategies to Help</p>
<ul style="list-style-type: none"> • Keep swaddled or use heavy bedclothes/sleeping bag • Don't pick up from crib right away when they wake • Put babies to sleep when drowsy, not asleep • Try a high protein snack before bed • Develop a bedtime routine 	<ul style="list-style-type: none"> • Adjust nipple opening on bottle • Feed smaller amounts more often • Try different nipples, spoons • Feed in a quiet, low light place, no talking • Seek sensory integration therapy 	<ul style="list-style-type: none"> • Wrap snugly in a towel or blanket before handling • Try different brushes • Break hair or tooth brushing into several short sessions • Try a shower for a toddler • Speak quietly before touching • Provide sensory experiences • Remove tags from clothing; turn socks inside out 	<ul style="list-style-type: none"> • Check with doctor to rule out physical problem • Encourage lots of physical activity • Use songs, book tapes, tape recorders etc. to increase language practice • Use pictures to reinforce language • Provide lots of play time with other children

Institute for Health and Recovery, 2006

For more information on FASD, contact the Hawaii Department of Health at (808) 733-9018