

Day to Day basics for you & your child with Fetal Alcohol Syndrome



Routines for daily living

So you have a child with fetal alcohol syndrome. Did you know that daily routines are essential to a child with FAS. To help them maintain consistency, build structure and security into the child's day. Here is what you should do, break down daily routines in to mini routines with larger routines. You and your child do the same thing in the same order in same way every day. For example:

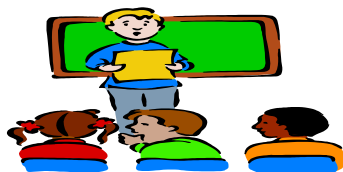
- Enter the room and say "John, time to get up"
 - Open drapes
 - Gently nudge or stroke child
 - Pull covers back to ease transition from sleep to awake
 - Help them get up be sure feet touch floor
 - Tell them what comes next
 - Be sure to use calendars in areas of home like in kitchens & bathrooms etc. write down or diagram what needs to be done. Like for morning before going to school.
- Get up
 - Get dressed
 - Eat breakfast
 - Wash faces, brush teeth comb hair
- and so on for you want your child to build structured, maintain consistency and security but also remember that it all depends on your child for it may work for some but not work for all children w/ fetal alcohol Syndrome.



Positive Characteristics

- Creative Intelligence (e.g. artistic, Musical)
- Perseverance (determined, persistent hard workers etc.)
- Strong sense of self
- Highly verbal
- Sensitive
- Loyal, loving

These are just some of the positive things about Fetal Alcohol Syndrome Children.

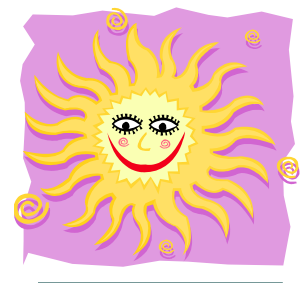


Parenting Suggestions

Ok, now that you are a parent of a child with Fetal Alcohol syndrome. You will need to be an effective communicator for yourself and for

your child. You should offer them simple directions and break down the tasks. Put them into small steps and repeat them and give rewards. You should begin a

conversation with your child's name and make sure to make eye contact. Be specific when telling your child what to do. Also to not rush them for they need time.



To help teach your child with Social Skills

For children and individuals with Fetal Alcohol Syndrome they have a hard time with relating cause and effect, generalizing and learning from non-verbal cues. Teaching social competence and how to communicate with other helps their self-esteem and enhance their social well being. Like for example.

- Teach social skills carefully, consistently and repetitively

through modeling, role play and practice.

- Teach appropriate skills:
- How to share and take turns.
- How to ask for help
- How to say “no”
- How to make choices



- Teach what is not good such as :
- Standing too close
- Throwing things
- Not asking for help

And so on , for what you thing you can teach them about Remember some will work and others will

Parent's needs: Taking care of you

For having a child with fetal alcohol syndrome can be very difficult , why because they may have trouble sleeping so you will also have trouble sleeping. So get adequate sleep which would be taking a nap while your child is napping. If your child does not nap arrange for someone to come and take over

While you rest. Another thing you might want to do would be to develop a repertoire of stress reduction of strategies that will work for you . Another thing

Go Listen To Music & Relax



would be to make some time for your self and /or your partner. One main important thing would be to breath. Thus try to maintain a positive attitude about your ability to manage day to day and long term stress associated with parenting a child with needs associated with children that have been diagnosed with this disease.

Hang in there

If you have read this newsletter up to this point you have commitment to your child and to yourself by making it this far . By handling the struggles of parenting a child with special needs. Hang in there no matter how much your child has tested or challenged you. By picking up this newsletter it shows how

much you care about your child and want him/her to succeed in life. It's going to hard but just remember ,I too have family members that are Fetal Alcohol Syndrome children. So just remember that all they need is a little guidance and to pointed in the right direction but they too will challenge you to be your

best. With this I leave you with some words of encouragement hang in there because if you do they too will hang in there as well.

