

## December Newsletter

# NWR FASD Society-Mackenzie Network

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Dear Caregivers,

Hi, eager & looking forward to meeting you all!! We want to cater to your needs and want your input today!! Please insure that your contact & mailing information is current & up to date.

When would be a good time to have the support group meetings? Are afternoons, 1-3 or a luncheon 12-2 or evenings and what time in the evens? If we offered childcare during the meetings would that enable you to attend?

In dealing with agencies such as justice, family and child services or education; are these areas that you might or could use advocacy for?

Things will change once you receive knowledge and support and we want to provide access for information sessions of our snapshot and pebbles training. We will come to your community we just need to know who is interested and when would be a good time? Pebbles generally is a one day workshop but if that doesn't work for you we are willing to break up the training to meet your needs.

### Self-care strategies

- **Don't take your child's behavior Personally:** remember that your child's tough behavior is a symptom of their FASD, not a reflection of you as a parent
- **Take time out for yourself:** A long walk, relaxing bath or an evening out with your spouse or friends can give you some much needed time away from your children. Don't feel guilty for allowing yourself time for rest and relaxation.
- **Find someone to talk to:** Connect with other parents of children with FASD, join our support group or others or meet with a counselor. Talking to someone can be helpful to vent your frustrations, seek advice and connect with others who understand what it is like to parent a child with FASD

When teaching new skills, remember that learning is more fun if the teaching can be made into a game!



## Upcoming Events

### December 22

Last office day before Christmas

### December 25

Merry Christmas to all and a Blessed New Year!!

### January 2

Office will be open

## Important Announcement

We want to begin support group meetings for spouses!

We need to hear from you as well, when would be the best time to have the meetings and do you need child care to attend.

You can call me or I can call you and if we need to update your contact info. Please call us ☺

## FASD Strategies not solutions

As you refer to the strategies outlined in this Booklet please keep the following in mind:

1. Children and youth affected by FASD do learn, but they all learn differently. FASD is permanent brain damage. In order for us to understand how children with FASD function, we need to remind ourselves of that. Every child affected with FASD is different and has her own unique strengths and challenges. Therefore, not all of the strategies mentioned in this Booklet will work with your child. The best approach is to keep trying different strategies until you find the ones that work for you and your child. Once you find the best fit, stick to it. Remember that the strategies listed are not set in stone and can be modified to suit your child's individual needs.
2. Children and youth with FASD need to know and feel that it's okay to talk about their disability. If you keep it a secret the child may grow up to be ashamed and not want to let others know what her needs are. Keep the communication open and encourage your child to be open with others.
3. Alcohol exposure in utero can affect every system in the body, so it is important to keep a watchful eye for any sign of health problems.
4. While all children with FASD have their own unique challenges and strengths in terms of behavior and health related issues, there are a few key strategies that we know work for all children. You will notice that some concepts such as routines are repeated over and over in this Booklet.
5. You know your child best and therefore are your child's best advocate. Talk with your child's teachers and other professionals; find out if they are FASD-friendly. If you think the professionals are not helping your child, do not be afraid to get a second opinion. Try your best to develop a relationship with the professionals in your child's life.
6. Play is an important function for all children, especially those with FASD. Encourage playfulness in your child and include play into your child's day. Children with FASD may continue to play well into their teens, and it is important that this be supported and encouraged by caregivers.
7. Strategies included in this Booklet may apply to any chronological age. Remember that although a child may have a chronological age of 14, developmentally, she may be close to an 8 year old. This might mean that your teenage child with FASD still enjoys playing with toys, and it may mean that leisure activities need to be altered to take developmental level into account.

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## Free educational webinars for Albertans

### The FASD Learning Series

([fasd.alberta.ca/fasd-learning-series](http://fasd.alberta.ca/fasd-learning-series))

Helps individuals, caregivers, frontline workers & professionals to learn more about FASD. There are 97 videos to choose from under search previous sessions 😊

Additional Community and Social Services Learning Series Topics include:

### Alberta Brain Injury Initiative

Shares information about brain injury & supports for people who have a brain injury but may not be diagnosed or Albertans who are already living with a brain injury.

### Employment First

Helps Albertans understand the barriers, solutions & benefits to employing persons with disabilities. Persons with disabilities have a wide range of skills & abilities that can contribute to our economy & create more diverse workplaces.

[www.csslearningseries.ca](http://www.csslearningseries.ca)

We would like to thank those who were able to come out and enjoy the 2017 FASD Conference in Calgary ☺ It was a wonderful opportunity to get to know you and to experience the moving testimonies of the many guest speakers who encouraged, informed and raised us to a new level of understanding and growth with people who have disabilities, trials and ambitions to do great things and inform, inspire and encourage others to keep pressing onward and advocate for FASD.

Thank you

### What is an ages and stages questionnaire?

- take just **10–15 minutes** for parents to complete and 2–3 minutes for professionals to score
- capture parents' in-depth knowledge
- highlight a child's strengths as well as concerns
- teach parents about child development and their own child's skills
- highlight results that fall in a "monitoring zone," to make it easier to keep track of children at risk
- can be completed at home, in a waiting room, during a home visit, or as part of an in-person or phone interview.
- There are two types one is the Ages & Stages Questionnaire 3<sup>rd</sup> edition (ASQ3) for physical and the other is Ages & stages Questionnaire social & Emotional (ASQSE)

### Why screen?

Early detection in developmental delays can aid in assisting, addressing and improving child development. Early detection sometimes is as simple as helping your child personally to upgrade skills such as sounding out words more clearly and slowly or how to use a scissors that parents often deem as a safety issue that is actually a skill; using the screening system is totally worth your and your child's time.

### Where?

Parent Link, a licence daycare, health center and a licenced pre-school. Not all agencies offer the same type of screening ASQ.

### What happens if we find developmental delays?

Depending on what the delay Parent Link can refer directly to a speech therapist, Inclusive child care program or to your family physician that then can refer to a pediatrician and/or other referral and further initiatives from there.

### Please contact your local Parent Link Center to arrange for your free screening today ☺

Holidays can sometimes be reminders and triggers for our clients and we hope you handle it with love and compassion. Sometimes it is helpful to just listen and validate feelings or triggers and studies have shown that identifying the feeling as in putting it into words can take it from emotional to thinking and may help to calm an upset child or situation to be able to have a conversation about it. Praise good behavior & let them know you like them at random times for no reason at all. Remember we are here for you and if you need to call, Call ☺

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*Have a Very Merry Christmas!*  
*From All of Us at the FASD Society!*



Program or Referral Information

- |   |                           |
|---|---------------------------|
| ❄️ FASD Educator                                    | 780-926-3375              |
| ❄️ Mackenzie PCAP-Parent & Child Assistance Program |                           |
| ❄️ FASD Family Coach                                |                           |
| ❄️ FASD Life Coach                                  |                           |
| ❄️ FASD Youth Coach                                 |                           |
| ❄️ FASD Youth Transition Coach                      | ❄️ FASD Diagnostic Clinic |
| ❄️ FASD Prevention                                  | (Youth) 780-841-3253      |
| ❄️ FASD Supported Housing                           | (Adult) 780-926-3375      |

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