

July Newsletter



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Today,
as you face
the
difficult
situations
of your
day,
remember
all you can
do is give
them your
BEST!

"The secret of
CHANGE
is to focus all of
your energy not on
fighting the old, but
on building the new."

-SOCRATES

Self Care

Research has illustrated that adding self-care into one's daily routine reduces stress, decreases the chance of mental and physical ailment, increases productivity, and inspires feelings of happiness. By giving ourselves a daily dose of compassion, we're able to approach our work and relationships with a clear, happy mind, thus allowing the cycle of positivity to continue.

Unplug.

Instagram and Facebook have some benefits, but does it really make you feel better to expose yourself to everyone's online versions of themselves? Most often people only report on their success, and so it can be hard when you're comparing your entire life to everyone's highlight reels. Take the time to break away from social media, and allow yourself to focus on the beauty of the moment.

Move.

What people say about exercise and endorphins is true; getting active increases feelings of happiness. This doesn't mean you need to hit the gym. Rather find a form of physical activity that works for you. Go dancing with your friends, enjoy a Saturday morning hike, or go on a bike ride.

Keep track of your accomplishments.

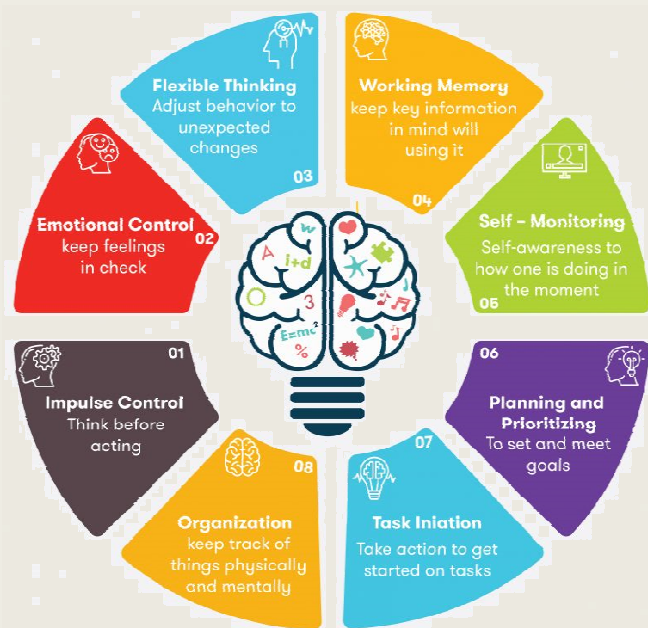
While there are great merits to a "to-do" list, we must also recognize the things we've done. At the end of the day, make a list (either mental or write it out) of the productive things you've done that day. Did you nurture a relationship? Do the laundry? Complete a work assignment? No matter how small, you deserve a pat on the back.

Build a self-care kit.

Fill a pretty basket with some of the things that make you feel special. It could be nail polish, gummy frogs, coconut lotion, treasured photos, or a new pair of socks. Place your pick-me-ups in a pretty basket, and keep it in your bedroom or bathroom for when you need an extra dose of love.

Remember, by being your best self you're able to share those beautiful feelings with those around you. Search for the good, share your peace, and watch the positivity grow.

Executive Functioning in Children and Youth with FASD: Strategies for caregivers



Executive functioning refers to a set of cognitive processes that allow individuals to plan, organize, initiate, and regulate their behavior. These skills are crucial for everyday tasks such as completing homework, managing time, and making decisions. However, children and youth with Fetal Alcohol Spectrum Disorder (FASD) often face challenges in developing and utilizing these executive functioning skills. Understanding the impact of FASD on executive functioning and implementing appropriate strategies can greatly support their growth and development.

A primary difficulty faced by individuals with FASD is poor impulse control. They may struggle to control actions and have difficulty considering the consequences of their actions. Caregivers can help by setting clear expectations, establishing consistent routines, and providing frequent reminders about rules and boundaries. This can help children and youth with FASD develop self-regulation skills and make more informed decisions.

Another common challenge for individuals with FASD is difficulty with planning and organization. They may have trouble breaking down tasks into smaller, manageable steps or struggle to prioritize activities. Caregivers can provide visual supports, such as visual schedules or checklists, to help children and youth with FASD understand the sequence of tasks and stay organized. Breaking down larger tasks into smaller, more achievable goals can also make tasks less overwhelming and promote a sense of accomplishment.

Working memory deficits are also prevalent in individuals with FASD. This can affect their ability to remember and follow instructions, recall information, or stay focused on a task. Caregivers can use strategies such as repetition, chunking information into smaller bits, and providing visual or verbal cues to support working memory. Using visual aids, such as charts or diagrams, can help children and youth with FASD retain information and better understand complex concepts.

Flexibility and adaptability are key skills that individuals with FASD may struggle with. They can become easily overwhelmed by changes in routine or unexpected events. Caregivers can help by gradually introducing changes, providing advance notice, and offering support during transitions. Creating a predictable and structured environment can also promote a sense of stability and reduce anxiety.

Additionally, it is important for caregivers to recognize and address emotional regulation difficulties in children and youth with FASD. They may struggle with managing their emotions and may be prone to outbursts or meltdowns. Teaching coping strategies such as deep breathing exercises, journaling, or engaging in sensory activities can help individuals with FASD regulate their emotions more effectively.

Finally, caregivers should strive to provide a supportive and understanding environment for children and youth with FASD. It is crucial to remember that executive functioning deficits are neurodevelopmental in nature and not intentional behavior. By fostering a non-judgmental atmosphere, caregivers can encourage open communication, problem-solving, and the development of self-advocacy skills.

Children and youth with FASD can face challenges in the realm of executive functioning. However, with appropriate strategies and support from caregivers, they can make progress in developing and utilizing these skills. By implementing strategies such as setting clear expectations, providing visual supports, supporting working memory, promoting flexibility, addressing emotional regulation, and fostering a supportive environment, caregivers can make a positive impact on the lives of children and youth with FASD.