

August Newsletter

Individual Program Plans (IPP)






As another year of school starts and school supplies are being purchased, it is important that parents/caregivers ensure to meet with the school (s) whether head start, elementary, high school or post-secondary to set up the IPP for your loved one. Your input is most important as you know your child best; the way they learn, how they form social ties & friendships, the way they interpret information and the strategies you use that work and the ones that do not. The school needs this information to accommodate and make the appropriate modifications for your child's greatest success.

EASD - BACK TO BASICS

- ◆ **Begin early night routines at least 2 weeks prior to school commencement**
- ◆ **Turn all screens off 1—2 hours before bed to allow for less stimulating activities and a break from the blue light that interferes with sleep patterns**
- ◆ **Outdoor activities aid in getting a good nights rest. A warm bath also helps**
- ◆ **Use visual aids to help with morning & bedtime routines**
- ◆ **Be consistent with routines**
- ◆ **Use visual aids when possible**
- ◆ **Have consistent homework time & schedule**
- ◆ **Set alarm early enough to have breakfast before school and find things needed for school like homework, school supplies, warm jackets or scarves etc.**
- ◆ **Use reminders (verbal and visual)**



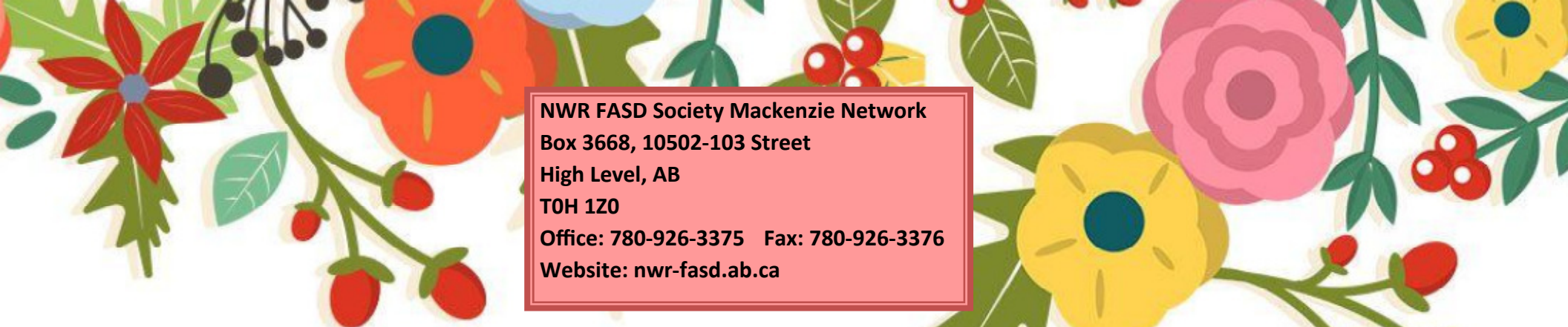
Brushing Teeth

1	Squeeze toothpaste onto your toothbrush.		<input type="checkbox"/>
2	Hold toothbrush under the tap.		<input type="checkbox"/>
3	Brush your teeth.		<input type="checkbox"/>
4	Spit the toothpaste into the sink.		<input type="checkbox"/>
5	Rinse your mouth and smile.		<input type="checkbox"/>



★ ★ ★ Bedtime	
	pajamas
	brush teeth
	go potty
	read
	lights out

www.being-visual.com



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International FASD Day

On September 9, Bells will ring at 9:09 a.m. in every time zone from New Zealand to Alaska. People all around the world gather for events to raise awareness about the risks of drinking alcohol during pregnancy and the challenges of individuals and families who are impacted with Fetal Alcohol Spectrum Disorders (FASD). The date 9/9/99 was chosen to highlight 9 months of pregnancy and the importance of support prior, during and after pregnancy for women

Join us in our FASD Awareness Campaign

- ◆ Annual 9 block walk September 9, 2021 at 9:09 am beginning at the High Level Arena
 - ◆ Annual Picnic in the Park is on September 9, 2021 at our new location 10502-103 Street across from the Town of High Level
 - ◆ There will be fun for the whole family, games, draws, door prizes and much more
 - ◆ We are also hosting the grand opening of our new facility!
- Details will be posted on our website nwr-fasd.ab.ca and notices will be sent out in late August