

# May Newsletter

## Behavioral Investigation; why journal?

When behavioral issues arise and we are not sure what is triggering our loved ones, it is common to be asked to journal. When asked to track behaviors, what is it that you are to keep track of and how will you know?

What should you journal?

- ◇ Sleep: how much, how often, sound or disturbed. What is interfering with sleep? What can be done to get a more sound rest at night?
- ◇ Food and drink intake: if your loved one has an ADD or ADHD diagnoses, there can be red dye in many food products and that can be contributing to erratic behavior. Is there foods or treats that maybe when your loved one has them and on that same day so is the behavior, keeping track is a good way to find out.
- ◇ Events: sometimes without knowing, a certain event can trigger an emotional outburst and your loved one might not even know why but if you are keeping track, then you will know and be able to make adjustments or front-load prior
- ◇ Seasonal behavioral issues can arise: the smell of fall or Christmas, sensory overload or losing a loved one in that season can be a trigger for emotions. A journal would aid in knowing if this is something that happens.
- ◇ Is the behaviour after school only? It could be that children have been on their very best behavior all day and now need to release the pressure of “being good” and let it all out in a place that they are comfortable being themselves? It could also be that something happened at school and behavior is the language used to express what happened
- ◇ Shopping or going out: if you notice that something happens every time you go to the grocery store or family gatherings. That too can be sensory overload and alternate plans may need to take place for your loved ones comfort. Is it a busy when you go shopping or quiet?
- ◇ When your loved one starts new medications is another reason to journal what is happening. How is sleep and eating? Is there improvement in the area for what the medication is prescribed?

There are many reasons to use a journal and to reflect on when things are happening and it will help you and those around you to support your loved one better and to eliminate any unnecessary “shut downs” or escalations.

# HAPPY Mother's Day



## Managing Behavior

People with FASD have permanent brain damage and this can lead to difficult behavior. This includes temper tantrums, hyper activity or difficulty paying attention and it is not something that they can grow out of. They can learn to cope with it and parents can accommodate or use strategies to accommodate the behavior instead of trying to change it.

Strategies: reward good behavior, look for strengths and abilities, use a safe place (a quiet and comfortable place), be consistent and use simple rules. Experiment with different strategies until you find something that works for you and your loved one. Use direction, instead of correction or discipline.

Last but not least; Do not take your loved ones behavior personally!

Remember: it is not that they won't, it is because they can't.

Focus on changing the environment and not your loved one.

Retrieved off the web from: Lutherwood at; [www.fasdwaterlooregion.ca/caregiver](http://www.fasdwaterlooregion.ca/caregiver)

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REASON TO LAUGH.  
IT MAY NOT ADD  
YEARS TO YOUR  
LIFE, BUT IT WILL  
SURELY ADD LIFE  
TO YOUR YEARS.**

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