

September Newsletter



NWR FASD Society—Mackenzie Network

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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! Talk with the school if this has not happened yet.

Due to a shortage of staff, there will not be an after school youth program this year

FASD – 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 & bed-time 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)**





Come out and Join us in our walk for awareness!

We will all meet at the High Level arena at 8:45 am, September 8/23

The 9 block walk will commence at 9:09 am.

Throughout the month of September we will be coming to your community to continue to raise awareness about FASD!

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 alcohol use 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

Red Shoes Rock™ What is the Story?



Fetal alcohol spectrum disorders (FASDs) are lifetime disabilities that happen when alcohol is introduced to the womb before birth.

FASD is the leading cause of intellectual disabilities.

Over 400 medical issues are connected to prenatal exposure to alcohol. In most cases, a person's differences are hidden and it is these hidden differences that create additional trauma for individuals with FASD.

In 2013, R.J. Formanek, an adult with FASD put on a pair of red shoes to draw attention to his hidden differences. He used them as a visibility statement in his presentations.

Why Red Shoes Rock?

R.J. along with other adults with FASD and caregivers joined together to create conversations with a positive presence.

For more information:
www.RedShoesRock.com

How does Red Shoes work?

- We are an international collaborative volunteer grass-roots movement that values persons who have FASD.
- Red Shoes Rock offers a natural conversation about FASD to build understanding and stop stigma against this population.
- Red Shoes Rock states that I am not alone, I stand with others who either have or care about this disability.
- Red Shoes Rock starts conversations person to person in truth, with respect and genuine interest.

Join together

Support persons who live with hidden differences of FASD.

September is FASD Awareness Month

International FASD Day
September 9

Like our Facebook Page:
Red Shoe Rock. Stop FASD

