

CAREGIVER NEWSLETTER



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 & 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)***

As summer comes close to an end, the time to focus on back to school begins. School supply lists came home with the report cards and are posted on the doors of the schools as well. Here are some suggestions to assist with helping your child be the best that they can be.

- * Ensure that you have reviewed and signed an Individual Program Plan (IPP) before the end of September. You know your child best and this information can help the teacher connect with your child better
- * With the support of your Family Coach, build a support team for your child eg. Speech Therapist, Occupational Therapist, child's teacher and aide, yourself and any of your supports, family doctor who knows about FASD
- * Contact the teacher or visit the school periodically to check on your child's progress
- * Continue to work on your child's strengths and let the school work on the challenges
- * Establish a daily routine that continues even on weekends and holidays
- * Ensure your child attends school regularly to avoid any disruption in their learning or their daily routine
- * If your child is on medication, keep a journal that documents changes in side effects, effectiveness, changes in dosage, and changes in your child's behavior

Some Tips on How to Care for Yourself:

- Many children with FASD become very stressed when a family leaves home to go on holidays. It can be hard for them to leave a familiar area and routine or stay in a strange hotel room. It will be good for everyone if your children can stay in their routine.
- Give your relatives some information to read about FASD or have them call us at the FASD Support Network in High Level at 780-926-3375.
- Arrange for a break for you and /or your partner. Hire a mature babysitter who understands your child and train them about FASD and the importance of routine.
- Take time to laugh. Rent a funny movie. Think about the funny side of some of the things your kids do.
- Rest, relax, exercise, walk and try to look at the big picture. You are doing the very best job you can.

On September 9, International FASD Day, Bells are rung 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 dangers of drinking alcohol during pregnancy and the challenges of individuals and families who are impacted with Fetal Alcohol Spectrum Disorders (FASD). The first FASD Day was celebrated on 9/9/99. This day was chosen to signify the importance of 9 months of alcohol free pregnancy and to support women to abstain from using alcohol during these 9 months.



Caregiver Support Group

High Level support group will be held on first Wednesday of every month from 12 - 2 & 7 - 9 at the High Level FASD boardroom

Rocky Lane support group is held at the Rocky Lane school from 12-2 every second Wednesday of every month

La Crete support group will be held at the La Crete Support Services Centre from 12-2 on the third Wednesday of every month

Chateh support group will be held at the health clinic from 12-2 every fourth Wednesday of every month

FASD DAY SEPTEMBER 9, 2018

BBQ AND GAMES AT CENTENNIAL PARK

1:00 PM—4:00 PM

FASD WALK WILL BE HELD AT THE HIGH LEVEL ARENA

SEPTEMBER 7, 2018 AT 9:00 AM

COME OUT AND JOIN OUR Awareness Campaign!

