

## Monthly News Letter

April was our first month back into support group :) groups we're small but very informative.

I am pleased to have met all of you! I very much look forward to more great talks, information reviews & learning some relaxation techniques together. Many good things in the months to come.

If you have not had a chance to come out, please do. There are 4 groups every month & there's one close to you. If you are in a community where we do not offer group, please call & we can make arrangements for one on one.



### Some Tips on How to Care for Yourself:

1. All parents have dreams for their kids. It may be hard for parents of children living with FASD to deal with disappointment or guilt. A counselor, religious leader or Elder may be able to help you.
2. Think about what helps you to relax and make a real effort to do it every day or at least every week. Have coffee with a friend, take a long bath with the bathroom door locked, call a parent you like, go out with your partner, go to a support group, hire a babysitter or share and swap childcare.
3. Find someone to talk to who understands what it's like living with someone with FASD. This could be a family member who is close to you, or another parent of a child with FASD. If you don't know any other parents, call the FASD Family Coach (our number is 780-926-3375). We'll connect you with a support worker or with another parent. It is amazing how many experiences parents share.
4. Sometimes, the only place your children can truly 'shine' is in your own home. Let them be at home a lot and don't feel badly about celebrating holidays and birthdays at home where your children feel safe and comfortable.

FASD Tips for Caregivers-FASD Support Network of Saskatchewan Inc.





## Sensory Issues

● Children living with FASD may show signs of being hyper-sensitive (feeling things too much) or hypo-sensitive (not feeling things enough) to the senses of touch, taste, smell, sight & sound. Consequently, they find themselves unable to control large emotional outburst & will create situations to get themselves removed when over-stimulated. They also may not feel pain or cold and put themselves at harm.

### FASD Behaviors

- \* Often children living with FASD have difficulty with the way they interpret sensory information
- \* They can be so focused on what they hear, see, feel on their skin that they may not be able to focus on other things; or they may shut down or act out (act badly) as they try to stop the thing that is bothering them
- \* Often as the environmental stimulus increases or decreases so will the child's behavior.
- \* Changing the environment can help to change your child's behavior

### Strategies

- \* Try to find out what your child is reacting to so that you can avoid what's causing them distress.
- \* Be proactive; if your child is sensitive to light or noise, keep sunglasses or headphones on hand.
- \* Make environmental adaptations; dim lighting, shop at quiet times, wash new clothing before wearing, soft bedding etc.
- \* Use fidget items when a child is expected to pay attention. By moving their fingers, a child can stay calmer & focus more readily.
- \* Hypo-sensitive children may need a weighted lap blanket or a back rub

### Quick tips

Teach your child to recognize his/her sensory issues & encourage them to ask for help to decrease the effect of things that bother him/her.

An occupational therapist can suggest more specific methods to reduce your child's sensitivities. It can also be discussed at support group.

FASD Tip sheet for parents and caregivers; FASD Support Network of Saskatchewan



## *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

