

Monthly Newsletter

STRENGTHS

What are the strengths that make our children successful?

Knowledge of FASD and understanding the diagnosis is a strength. FASD is by definition and according to research a brain-based physical disability.

For example, one of the things that I hear often is; "My child won't listen to me." The belief is that the child is just simply ignoring them. There's a lot of feelings that come up around that. If the parent believes that the child is ignoring them, they sometimes talk louder and faster and get frustrated. However, as soon as they learn about "slow auditory processing and slow cognitive pace" they understand it's not that the child is refusing to listen but that they listen very slowly. There is a shift from won't to can't. When people make that shift they go from anger and frustrated to compassion. A good, useful diagnosis helps create that shift based on the quality of the assessment and the information that it generates. It helps the person with FASD and other persons to understand the level of impact. Early detection will help in building confidence through knowing the child's strengths.

- ⇒ Help teachers understand what it is like to live with FASD and how they can help support children who have FASD
- ⇒ Take Dr. Densmore's Caregiver Stress Test, so as not to forget about yourself. As a caregiver we often forget to put ourselves on our own "to-do" list
- ⇒ Children with FASD need reminders and routine to be their very best
- ⇒ Minimize stimulation in the home and in particular in the child's bedroom
- ⇒ Educate others and establish community connections
- ⇒ Make the rules of the house concrete and visual (signs)
- ⇒ Find the self soothing spot for your child. Could be a weighted blanket, music, meditation or a walk
- ⇒ Re-inforce strengths rather than focusing on the "fixing"
- ⇒ Use strength based language "I believe in you"
- ⇒ Make a list of traits that you value & post them in prominent places
- ⇒ Incorporate strengths & interests into everyday tasks. E.g. if technology is a strength, have them search for movies or the meaning of words
- ⇒ Some strengths include but are not limited to: friendly, likeable, verbal, helpful, caring, hard worker, determined, good with younger children, NOT malicious and everyday is a new day



Support Groups

High Level support group will be held September 5, 2018, 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 September 12, 2018

La Crete support group will be held at the La Crete Support Services Centre from 12-2 on September 19, 2018

Chateh support group will be held at the health clinic from 12-2 , September 26, 2018

10 Relaxation techniques to Zap stress!

Support groups are there for you to ask questions, get feed back and learn new methods of supporting someone with FASD. Some caregivers are new and some are able to provide strategies from their personal experience. It is a place where there is no judgement about what you are experiencing and to gain more supports from other caregivers in case there is ever a need. A time out from routine and a place to gain new perspective and tips for reducing stress. We look forward to meeting you, so please stop by even if you just want to see what it is all about :) Each month is a new topic and the food is good too

1. Mediate: a few minutes of practice per day can help ease anxiety
2. Breathe Deeply: take a 5 minute break & focus on your breathing. Sit up straight, close your eyes, slowly inhale through nose & exhale through abdomen
3. Be Present: slow down, focus on only one behavior with awareness
4. Reach Out: talk to others & share what is going on. Possibly gain a fresh perspective
5. Tune into Your Body: for 1—2 minutes, lay down or sit upright with feet on the floor & imagine each deep breathe flowing to your toes, then heels, ankles, all the way up to your scalp paying close attention to sensations you may feel in each body part
6. Decompress: place a warm heat wrap around your neck and shoulders for 10 minutes
7. Laugh out Loud: lighten up by tuning in to your favorite sitcom or video, reading comics or chatting with someone who makes you smile
8. Crank up the tunes: research shows that listening to soothing music can lower blood pressure, heart rate & anxiety
9. Get moving: a walk, jog or swim can ease depression & anxiety by helping release feel-good chemicals & by giving your body a chance to practice dealing with stress
10. Be Grateful: a gratitude journal can help you remember all things that are good in your life

