



# Caregiver's Newsletter

## Brain Function Continued...

### Frontal Lobe:

**Location:** Behind forehead

**Executive Function takes place within the Frontal Lobe:** Executive function looks after our higher mental processes such as thinking, decision making, and planning.

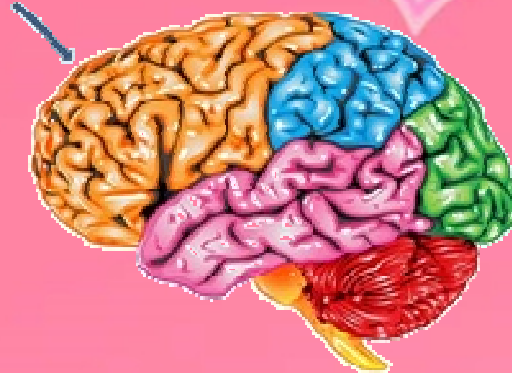
There are many moments in any given day that we use our executive functioning. So when our executive function is working well we are able to manage our thought processes, make decisions, plan our day, speak clearly and with purpose and follow-through on what we plan to do.

What happens when executive functioning isn't working well?

Often individuals whose executive function is impacted, will be unable to make or change a decision or thought. For example, making a decision on what to wear to school today is causing a meltdown. When this happens often, plan what will be worn the night before, giving 2 choices of outfits. Or if the individual wants to wear a certain piece of clothing, and they can't change their minds, let them wear it even if they have worn it the last 3 days. This can be embarrassing for the parent because we worry about what the school or others will think. We are only human.

However, when our individuals cannot make a different choice, it is because the pathways in the brain needed to think differently or make a different choice, are not working. This behaviour looks like stubbornness or being "bull-headed" because they are not "listening to you" but they **can't** respond how you want not that they won't. Their thought processes are stuck and the behaviours are simply a sign of the brain damage in the frontal lobe of the brain. Allow them, as long as they are safe, to follow through with the decision their brains have allowed them to make within this moment, hour or day. The uniqueness of FASD is that tomorrow the pathways may be functioning and the decision may be different.

Frontal Lobe



### BEAT THE WINTER BLUES BY:

1. **Make your environment brighter.** Opening blinds and curtains, trimming back tree branches, and sitting closer to windows can also help provide an extra dose of sunshine.
2. **Eat smarter.** Sugars & carbs bring instant gratification but drop off quickly whereas fruit, vegetables & chocolate can enhance your mood :)
3. **Exercise.** Easy as going for a walk
4. **Turn on the tunes.** Listening to upbeat or cheery music can significantly improved participant's mood in both the short and long term.
5. **Help others.** To volunteer can improve your mental health & life satisfaction
6. **Get outside.** Spending time outside (even when it's chilly!) can improve focus, reduce symptoms of SAD, and lower stress levels.

Seasonal Affective Disorder (SAD)



### Group Meetings

**High Level:** Support group meeting will be held at the NWR FASD Society Office in High Level on **February 6, 2019** from 12:00 pm—2:00 pm & 7:00 pm—9:00 pm

**Chateh:** Support Group meeting is cancelled for this month

**Fort Vermilion:** Support Group will be held on **February 20, 2019** at the side door of the Parent Link Centre in Fort Vermilion from 12:00 pm to 2:00pm

**La Crete:** Support Group meeting is on **February 27, 2019** from 12:00pm to 2:00pm at the Pine Centre

Happy  
Valentine's  
Day

NWR FASD Society-Mackenzie Network  
Box 3668, High Level, AB, T0H1Z0  
P. 780-926-3375, F. 780-926-3376  
Web: [www.nwr-fasd.ab.ca](http://www.nwr-fasd.ab.ca)