

NWR FASD Society-Mackenzie Network
Box 3668, High Level, AB, T0H1Z0
#210-9808, 9814-100 Avenue
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For children who are under the age of 5 years, we encourage having the Ages and Stages questionnaire done.

Why screen? To flag developmental speech and motor delays.

The ages and stages is available at most Parent Link Centres, licenced day care facilities and community health centre's.



Caregiver Support Group dates, times and location:

High Level: May 1, 2019 from 12:00-2:00 and 7:00-9:00pm, held at the Fahlman Building, buzz 08 downstairs

Chateh: May 8, 2019 from 12:00-2:00pm at the Chateh Health Centre

Fort Vermilion: May 15, 2019 from 12:00-2:00pm held at the Parent Link Center

La Crete: May 22, 2019 from 12:00-2:00pm at the Pine Centre

You can join any group even if that group is not in or near your community. If you are in town and would like to drop in, please do:)

Call Launa at 780-926-3375 to discuss reimbursement for travel.



May Newsletter



What is the difference between a tantrum and a sensory meltdown?

A tantrum and a meltdown can look similar when you see a child in the middle of one. For children who have sensory processing issues (or who lack self control) a meltdown is very different from a tantrum. Knowing the difference can help better support your child.

A tantrum is an outburst that happens when a child is trying to get something he/she wants or needs. Some children with learning and attention issues are more prone to tantrums. Some children who have trouble keeping their emotions in check, get angry or frustrated more quickly.

A tantrum may occur when he/she didn't get the first kick at a game, or when you pay attention to another sibling when he/she wants your attention. They may begin crying, screaming or lashing out. The child may stop to see if you are looking at them and when they see that you are, continue where they left off and only stop when they get their way or realizes that they won't. To tame a tantrum, acknowledge what your child needs without giving in, then help him/her to see there's a more appropriate behavior that will work.

A sensory meltdown is a reaction to feeling overwhelmed. For some children it happens when there is too much sensory information to process. For example the commotion at the splash park or having too much to think about. A shopping trip for back to school could cause a tantrum that triggers a meltdown. Sensory overload is like a small pitcher of water. Most of the time you can control the amount of water flow and fill a little at a time and sometimes the flow is too strong and the pitcher overflows before you can turn the water off. To manage a meltdown, help your child find a safe, quiet place to de-escalate. Then provide a calm reassuring presence. The goal is to reduce the input coming at him/her so use few words and only when necessary.

This article and more can be obtained off the web at understood.org

