



April 6, 2020

To communities and individual's we serve:

As we enter week four of the World Pandemic, things might be looking a bit different. We are getting used to the isolation that we know is necessary for the health of each and every one of us.

As we enter into the warmer weather, remember being outside and in the fresh air and sunshine is good for the caregivers/parents as well as the youth and adults.

It is especially important for those who are impacted with FASD to get outside in the fresh air. Remind your individuals that they still have to be a safe distance from others, each time they go out. What does that safe distance mean? It means if they and their friend reach out their hands for each other they cannot touch (mostly works for adults....). As visiting outside is likely to happen, you could make **hiking sticks that are 3 feet long**. They can use these to hold between each other so they know what the distance is they need to stay apart and only the tip of their hiking sticks can touch. The kids and adults will make it outside as the weather warms, and it will be more difficult to monitor their social distancing. Try to create **buddy systems** with those in the same house to help remind each other about social distancing when out walking or playing.

The **memories** of our children and adult children impacted with FASD may not be so great and their **impulse control** might draw them towards others to visit. So **remind, remind and remind** them each time they go out. Also continue to remind them that they don't want to get sick and they don't want other families to get sick either. Remind them every day or each time they go outside.

This is important to do, not just for our children, but for our adults impacted with FASD as well. They continue to need reminders on a daily, sometimes, hourly basis.

If the adults are able to do **yardwork for the elders**, provide them with gloves and remind them to not go inside but that they are to only do the work outside. Make sure they have water to drink so they don't forget and go in to the elder's house to ask for drinks.

Please take care of yourself, your family and your neighbours. Stay in touch. Thank you for keeping in touch with our frontline workers as they call, text, message and Facebook those they support from home!

Thank you,

Wanda Beland

Executive Director – Network Coordinator

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[www.nwr-fasd.ab.ca](http://www.nwr-fasd.ab.ca)

fasdsociety@telus.net