

I AM A



THE CHALLENGES	THE SUPPORT I NEED	MY CAREGIVING JOB
<p>From Age 0-2:</p> <ul style="list-style-type: none"> • Sensory integration issues including aversion to touch, light and sound are common. • Failure to thrive due to feeding difficulties • Significant difficulties in emotional regulation • Sleeping patterns may be disrupted • Major developmental milestones are missed. 	<p>RESPITE I need access to respite so I can restore my own emotional reserves.</p> <p>EARLY INTERVENTION I need access to early intervention to help me maximize my child's skill development</p>	<p>Foster healthy attachment through responsive caregiving</p> <p>Learn my child's likes and dislikes</p> <p>Provide a controlled and stable environment for my child</p> <p>Seek early intervention and occupational therapy programs</p>
<p>From Age 2-5:</p> <ul style="list-style-type: none"> • Problems learning and understanding language • Children are easily overstimulated • Struggles with transitions and activity changes • Hyperactivity • Oppositional behaviours • Difficulties in learning through consequences 	<p>SPECIALISTS I need access to specialists that can help with developmental delays</p> <p>DISABILITY FUNDING I need access to additional funding to support my child's life-long needs</p>	<p>Establish regular routines with extra attention to activity transitions</p> <p>Provide extra opportunities for language learning</p> <p>Learn the early signs of overstimulation and behaviour issues</p> <p>Exercise patience and consistency</p>
<p>From Age 5-10:</p> <ul style="list-style-type: none"> • Struggles in school due to inattention, hyperactivity, language difficulties and oppositional behaviours • Difficulties in planning and following routines • Major sleep problems • Inappropriate sexual behaviours • Sensory issues and environmental sensitivities 	<p>EDUCATIONAL SUPPORT I need a school with funding to provide my child with individualized educational support</p> <p>TRAINING I need training on meeting challenges, caring for myself and helping my child succeed</p>	<p>Develop a learning plan with my child's school and teacher</p> <p>Provide a consistent, predictable routine</p> <p>Modify my child's environment to reduce sensory stresses</p> <p>Address challenging behaviours immediately as they develop</p>
<p>From Age 10-15:</p> <ul style="list-style-type: none"> • Children with FASD are easily influenced by peers • Behaviour issues escalate and may include theft, lying and physical violence • Struggles with abstract concepts like money and time • Lack of empathy and significant social difficulties • Underdeveloped emotion regulation skills 	<p>BEHAVIOURAL SUPPORT I need access to specialists that can advise me on dealing with difficult behaviours</p> <p>COMMUNITY PROGRAMS I need community programs that give my child a chance to be social and successful</p>	<p>Monitor behaviour and friends closely</p> <p>Seek professional help for major behaviour issues</p> <p>Create a plan with my child to address emotional episodes</p> <p>Teach my child about social situations with many cues and reminders</p>
<p>From Age 15-20:</p> <ul style="list-style-type: none"> • Sexual health, drugs and alcohol use are risk areas • Continued struggles with impulse control, planning and understanding abstract concepts (math etc.) • Oppositional behaviours and possible violence • Depression and other disorders may appear • Reach legal adulthood - developmentally immature 	<p>MEDICAL PROFESSIONALS I need medical professionals that understand the challenges of FASD</p> <p>INFORMATION AND PLANNING I need information on what options exist for my child in adulthood</p>	<p>Proactively talk about major issues like sex, drugs and alcohol use</p> <p>Get help immediately for extreme behaviours or psychological symptoms</p> <p>Plan for my child's adulthood, including trusteeship & guardianship</p> <p>Talk about my child's goals and dreams</p>
<p>Adulthood and Beyond:</p> <ul style="list-style-type: none"> • Adults often appear more competent than they are • Difficulty holding employment • Involvement with the legal system • Unintended pregnancy and parenthood • Continued risky/impulsive behaviours • Addictions 	<p>LEGAL HELP I need access to legal advice related to lifespan planning and any legal system problems</p> <p>FINANCIAL RESOURCES I need to know that the person I have cared for will have ongoing financial support</p>	<p>Continue to provide support with daily living activities</p> <p>Ensure a safe and supportive living environment</p> <p>Help others understand that while the person I care for may look mature, they have a life-long disability and face many challenges</p>

MY JOB IS NOT EASY. MY CHILD WILL FACE CHALLENGES. BUT WITH SUPPORT...

WE CAN SUCCEED!