



AMAZING!



MY BRAIN, ME AND FASD

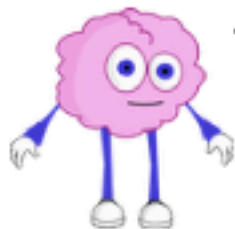
Why I try so hard
Why I am unique

A book about hope and wellbeing, by





DID YOU EVER WONDER WHY
YOU FIND THINGS HARD
SOMETIMES? THIS BOOK WILL
HELP YOU UNDERSTAND WHY
AND IT WILL GIVE YOU SOME
STRATEGIES THAT MAY HELP.



**If you have ANY questions as you read
this book, you can write them here.**



WHEN A WOMAN IS PREGNANT, HER BODY IS A CONSTRUCTION SITE FOR A WHOLE NEW PERSON.

WOW!



THE BABY'S BRAIN IS BEING BUILT THROUGHOUT THE PREGNANCY.



IF A PREGNANT WOMAN DRINKS ALCOHOL, THE BABY DOES TOO.

THERE IS NO PROVEN SAFE AMOUNT OF ALCOHOL IN PREGNANCY.



ARGH!

ALCOHOL CAN DAMAGE THE WAY THE BRAIN GROWS (AND CAN AFFECT THE BABY IN OTHER WAYS TOO).



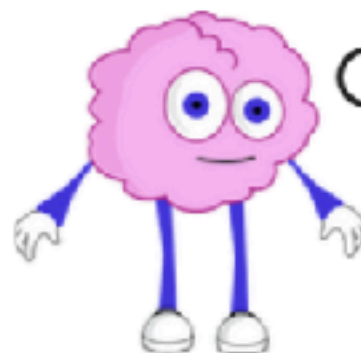
SOMETIMES...



FASD

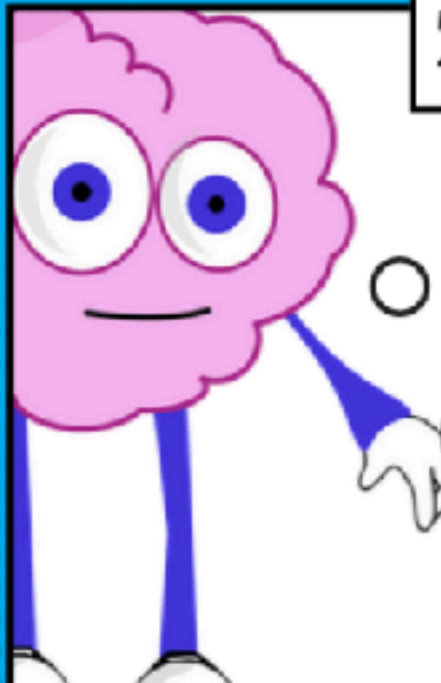
FOETAL
ALCOHOL
SPECTRUM
DISORDERS

SOMETIMES WOMEN DRINK WHEN THEY ARE PREGNANT. THEY MIGHT NOT KNOW THEY ARE PREGNANT OR THEY MIGHT NOT REALISE THIS HARMS THE BABY. SOME WOMEN FIND IT VERY HARD TO STOP DRINKING IN PREGNANCY DUE TO ADDICTION. WOMEN DON'T DRINK BECAUSE THEY WANT TO HARM THEIR BABIES. BUT BABIES WITH FASD WILL NEED HELP THROUGHOUT THEIR LIVES.



THE WIRING IN
MY BRAIN
DOESN'T WORK
LIKE OTHERS?!

IT'S NORMAL TO HAVE
LOTS OF DIFFERENT
FEELINGS ABOUT HAVING
FASD. IT'S IMPORTANT TO
KNOW YOU CAN TALK TO
SOMEONE IF YOU NEED TO.



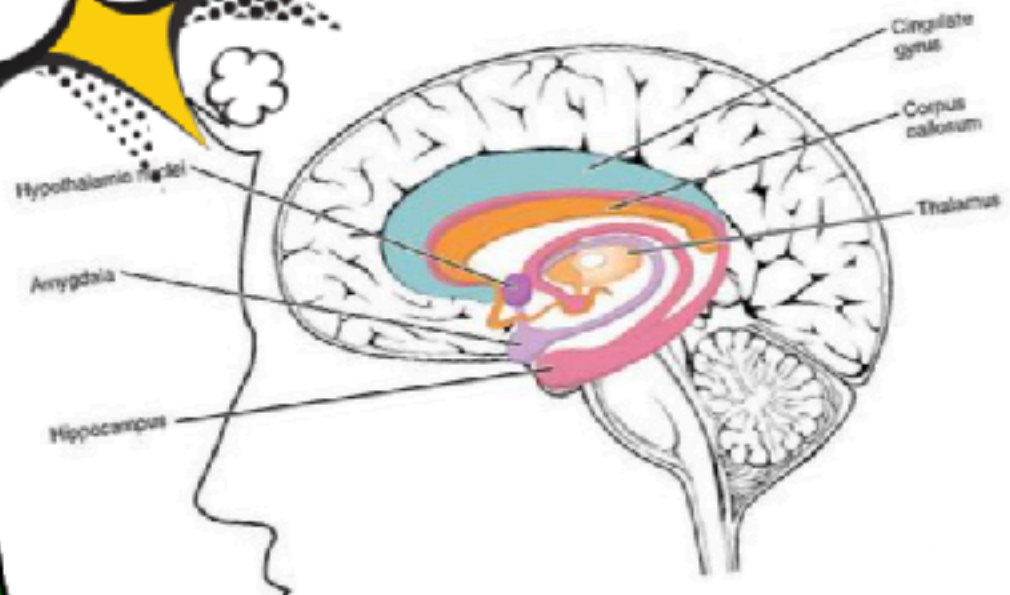
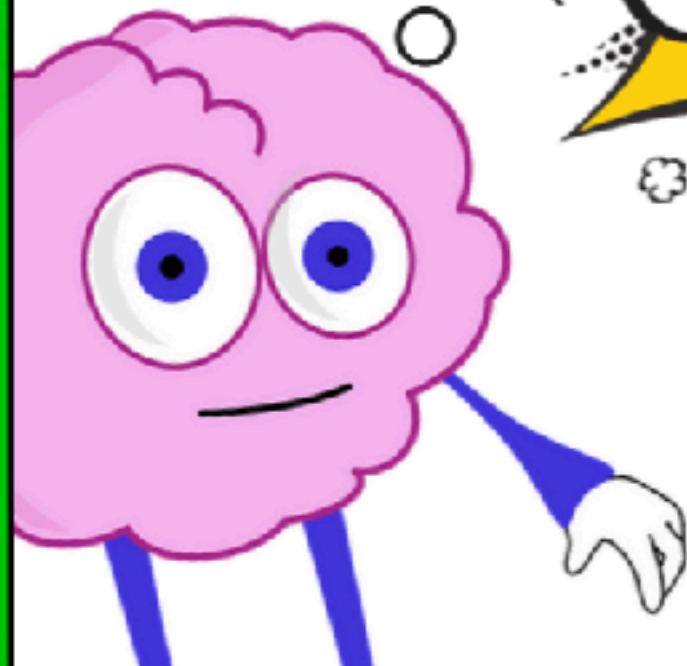
YOU MEAN
THERE'S A
REASON WHY I
CAN'T DO
THINGS OTHER
KIDS FIND
EASIER?

IT'S NOT MY FAULT??

REALLY?

WOW!

I STRUGGLE BECAUSE DIFFERENT PARTS OF MY BRAIN HAVE TROUBLE TALKING TO EACH OTHER, ESPECIALLY IF I AM TIRED OR ANXIOUS OR UPSET.



I LOSE TRACK OF TIME.



I SAY MEAN THINGS OR USE BAD WORDS IF I AM UPSET.



SOMETIMES I BREAK THINGS.

SOMETIMES
IT'S HARD IF I
BECOME
DYSREGULATED

BANG!

I GET CONFUSED.



I CAN'T STAY STILL.

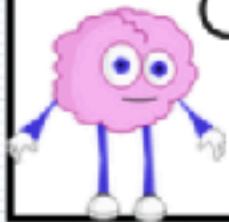


SMELLS, TASTES AND
TEXTURES CAN BOTHER ME.



Write or draw pictures of things you find hard or frustrating

WHAT THINGS DO YOU
FIND HARD BECAUSE
OF THE WAY YOUR
BRAIN WORKS?



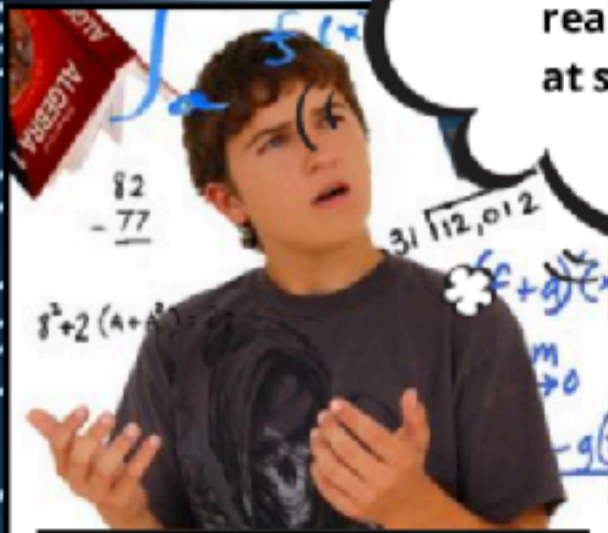


I GET TIRED

I DON'T KNOW WHERE TO GO
OR WHAT PEOPLE WANT ME
TO DO



I sometimes get
really frustrated
at school



SOME SUBJECTS LIKE MATHS
ARE CONFUSING



EVERYTHING IS SO LOUD

**Tick the box if this worries
you at school**

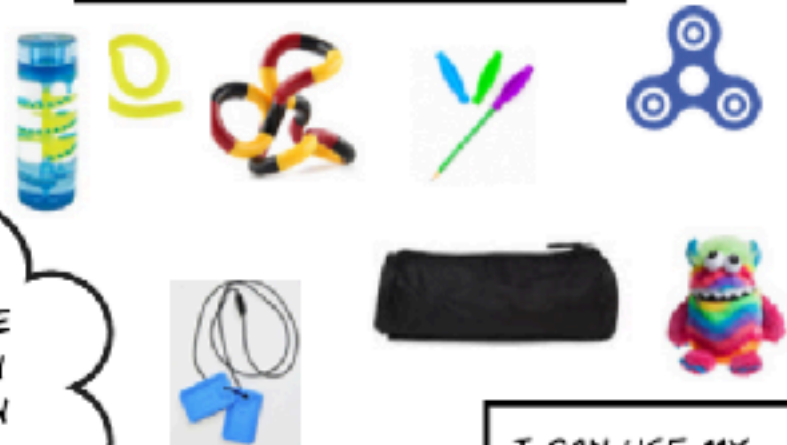
(or add your own)

- School uniform
- Too many people
- Can't remember timetable
- Lunch room
- Changing for PE
- Teacher gets mad at me
- I can't sit still
- I don't understand
- Homework is too hard
- I lose things
- I am anxious
- Some kids bully me
- I get bored
- No one plays with me
- People talk too fast
- I forget things
- Too noisy
- It smells
-
-
-

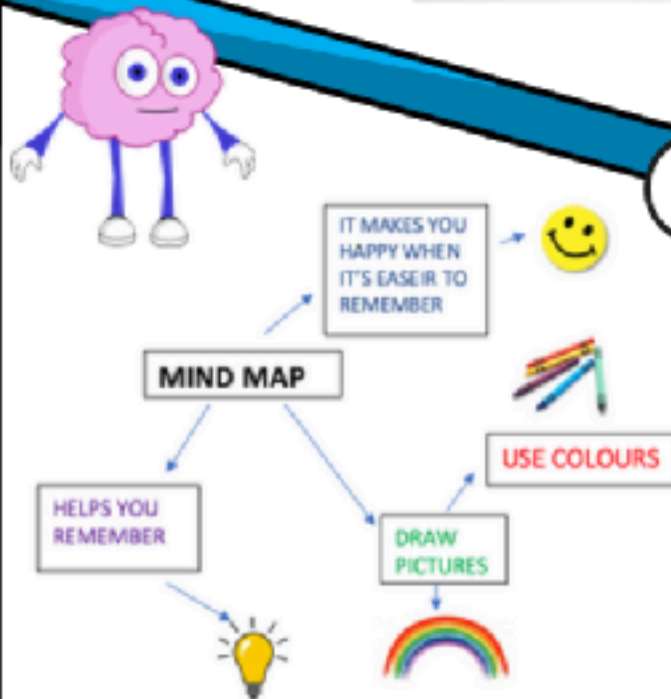
I CAN ASK FOR AIDS TO HELP ME REMEMBER AND LEARN. VISUAL TIMETABLES, TIME TIMERS, 5-MINUTE WARNINGS, NOW-NEXT BOARDS ARE EXAMPLES. NUMICON AND NUMBER LINES CAN HELP WITH MATHS.



I CAN KEEP FIDGET AND SENSORY TOYS IN MY PENCIL CASE. I CAN WRITE MY WORRIES IN A WORRY BOX OR USE A WORRY MONSTER.



THESE ARE SOME THINGS THAT CAN HELP YOUR BRAIN AT SCHOOL



YEAH!

I CAN USE MY WORDS AND MY STRATEGIES WHEN I START TO GET UPSET. I CAN ASK GO TO OUR AGREED CALM SPACE.

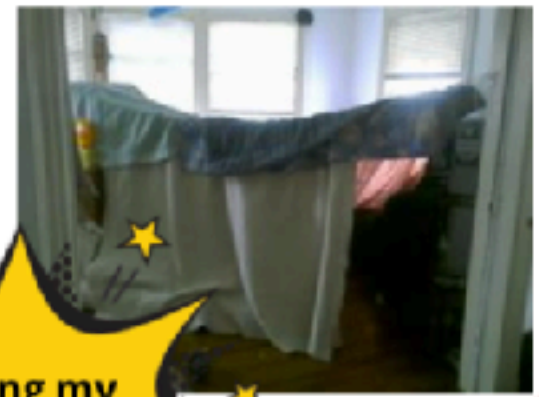


I CAN ASK FOR HELP MAKING WORD MAPS AND MIND MAPS TO HELP ME REMEMBER USING DIFFERENT SENSES.

IT CAN BE HARD TO ASK FOR HELP! I CAN HAVE A SECRET SIGNAL - LIKE A CARD - THAT I CAN HOLD UP FOR TEACHER TO SEE WHEN I NEED HELP!

I LIKE TO WALK, JUMP, SWIM, DO CARTWHEELS, WINDMILLS, WHEELBARROW RACES, OBSTACLE COURSES, BALANCE CHALLENGES. I LIKE TO SWING AND SLIDE AND GO UPSIDE DOWN...I LIKE TO MOVE. HAVING FUN HELPS ME SELF-REGULATE.

I LIKE TO BE QUIET IN A BLANKET FORT OR CALM SPACE.



I LIKE MUSIC, DANCING, SINGING.



Feeding my senses is important



I LIKE MESSY PLAY.



I LIKE TO SPLASH IN PUDDLES AND STREAMS.

Can you draw a picture of a super duper calm space designed just for you?

WHAT WOULD YOU
HAVE IN YOUR
VERY OWN CALM
SPACE?

HERE ARE IDEAS FROM SOME OTHER KIDS:

*PILLOWS · HEAVY BLANKET · FIDGET TOYS · LIGHTS · MUSIC · TOYS ·
STUFFED ANIMALS · PHONE OR TABLET · ART SUPPLIES · BOOKS · DARKNESS
· SCENTED MARKERS · PUTTY OR SLIME · CHEWABLE JEWELRY · GUM*

I CAN PRETEND TO PUSH THE WALL TO MAKE THE ROOM BIGGER.



YEAH!



I CAN ASK AN ADULT TO MAKE ME A PILLOW SANDWICH. I PRETEND TO BE THE HAM.

I PRETEND I AM FROZEN LIKE AN ICE CUBE. THEN I PRETEND I'M MELTING. OR I PRETEND I AM STIFF SPAGHETTI THAT'S HARD AND STRAIGHT, THEN I GO SQUIGGLY WHEN COOKED.



AWESOME!

A WARM BATH OR SHOWER WITH NICE SMELLING BUBBLES HELPS ME.



I can learn strategies that help

1
2
3



I CAN SQUEEZE MY FINGERS AND COUNT SLOWLY.

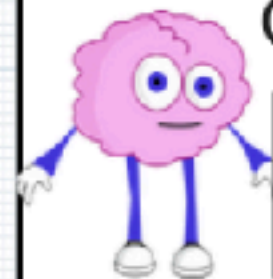
"MY BRAIN NEEDS A BREAK PLEASE."



I CAN USE MY WORDS WHEN I NEED A BREAK.

Can you write or draw 5 things that you can do when you start to feel upset?


WHAT HELPS YOU WHEN
YOU START TO GET
UPSET OR BECOME
DYSREGULATED?



DYSREGULATED MEANS THE 'FIGHT AND FLIGHT' PART OF YOUR BRAIN ISN'T TALKING TO THE 'THINKING' PART OF YOUR BRAIN. YOU & YOUR PARENTS/CARERS WILL LEARN STRATEGIES TO HELP YOU WHEN THIS HAPPENS. ADULTS WITH FASD SAY THIS GETS EASIER AS YOU GET OLDER.

EVERY ONE OF US IS SPECIAL

✓ I am good at many things

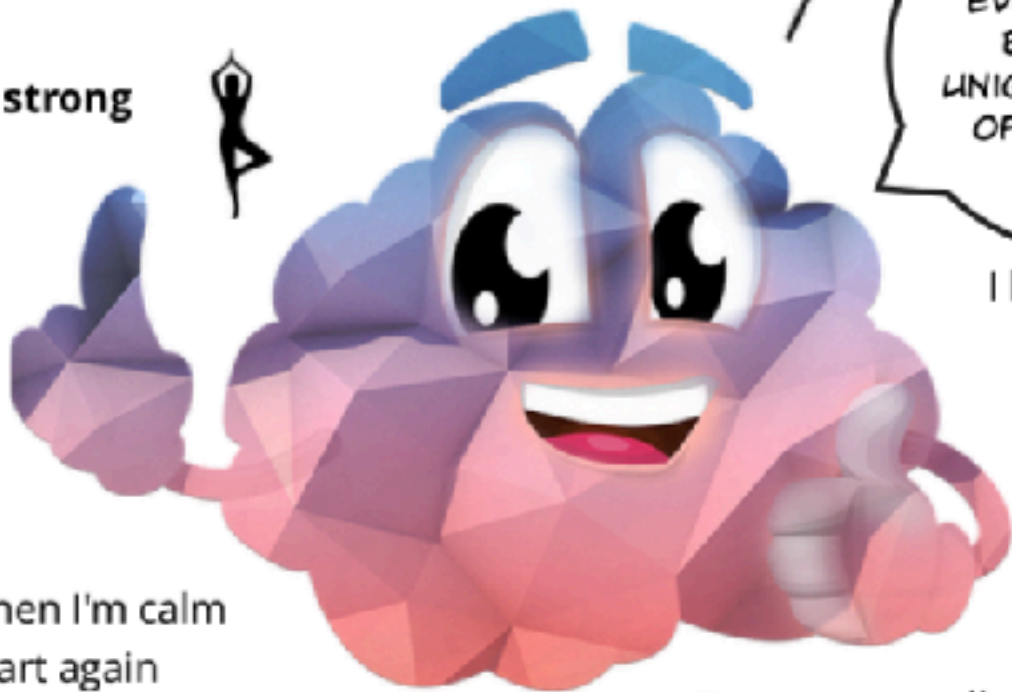
I believe there's magic in this world 

EVERY BRAIN IS BEAUTIFUL, UNIQUE AND FULL OF WONDER.



I am loving

I'm strong



I like to smile



I like to play



I am kind



If I meltdown, when I'm calm I am willing to start again

I'm creative



I help others



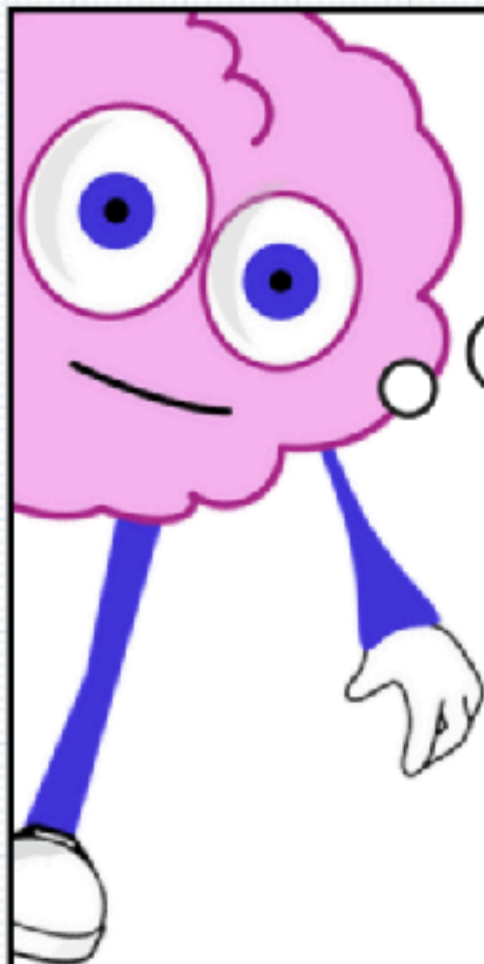
I'm a good kid

REMEMBER - YOU ROCK!!

FASD is why I have to try so hard. But I am so much more than my FASD.


I AM PROUD OF ME.





What do you like about you?
What are your special talents?

OOH!



FOR MORE INFO:
WWW.NOFAS-UK.ORG
@NOFASUK

©2018 NOFAS-UK · WITH THANKS TO BOOK CREATOR & ARTISTS WHO MAKE THEIR IMAGES AVAILABLE FOR FREE USE. NOFAS-UK IS A REGISTERED CHARITY - #1101935. WE ARE NOT MAKING PROFIT FROM THIS PUBLICATION. NOFAS-UK IS A MEMBER OF THE FASD UK ALLIANCE.