

Understanding FASD

FASD is the leading developmental disability in Canada, affecting 4% of Canadians.

Consider a child's developmental age not their actual age – expectations need to match the developmental age.

FASD is a “Disability of Thinking”. Create thinking-free days with routines, repetition, and consistency.

It is NOT that children with FASD WON'T, it is because they CAN'T.

Make getting help or receiving support a “good thing” – encourage supported independence.

When things are not working – step back, reduce expectations, increase supports, and focus on the child/youth's strengths.