



FASD

Frontline Newsletter

Happy Holidays!

December 2011 - Winter Issue

FASD & Sensory Overload

For a child with FASD Christmas can be one of the most overwhelming times of the year. There are decorations and lights down every street you go, in every store you shop and there are four times as many people when you go out. There are so many displays and people handing out samples you can barely move with out running into something.

If a child is affected by FASD processing all these things is nearly impossible. Especially if they have Sensory Processing Disorder. Imagine just for a minute that you walked into a room that heavy metal, country, RAP, classical and

blue grass music playing full blast, there are various colors of strobe lights, sour, strong, sweet, flowers, soft, citrus scented candles burning. Now imagine that you are covered head to toe in the scratchiest, roughest wool body suit.

No matter how hard you try you cannot escape these tortures. That is close to how a child with Sensory Processing Disorder with FASD feels.

So when you are making trips to the mall with your child make them very short, in and out to avoid overloading your child. Also, when visiting the grocery store, have a list - get in and out as fast as possible. If you know its going to be a long shopping trip perhaps plan to leave your child with someone so that they don't have to suffer through the long shopping trip.

Adapted from
fasdfighter.wordpress.com



FASDFOREVER.COM

Top 10 FASD Blogs

10. Losing my Mind

lordgrantmeserenity.blogspot.com

9. Easy to Love but Hard to Raise

www.easytolovebut.com

8. Much More than Mom

lina-rosenbaum.blogspot.com

7. Minnesota Organization on Fetal Alcohol Syndrome

www.mofas.org

6. FASD Justice

<http://fasdjustice.on.ca>

5. FAS World

www.fasworld.com

4. Edmonton Fetal Alcohol Network

edmontonfetalalcoholnetwork.wordpress.com

3. Wounded in the Womb

www.winnipegfreepress.com/special/fasd/

2. FAS Link

www.faslink.org

1. The FASD Learning Series

www.fasd-cmc.alberta.ca/education-



FASDFOREVER.COM

FASD is Forever, Frustration is Not.

FASDFOREVER.COM is a blog site put together by a foster parent of a young man with FASD. Jeff Noble has made it his priority in life to reach out to caregivers and build relationships with consumers, teachers and experts. He wants to teach people step by step - what FASD is, what it does and how you can conquer it.

Jeff began his public speaking through parts in school plays and public speaking contests which eventually led him to doing stand up comedy as a member of Toast Masters.

Jeff is a trainer, coach and consultant. He has two main tips: 1. Stay Simple & 2. Stay 2 Steps ahead....at least.

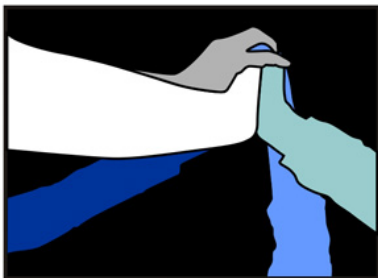
FASDFOREVER.COM has tons of interesting articles and blog posts about the challenges with parenting a child affected by FASD. Jeff also posts tips and tricks that can make living with a child affected by FASD easier. The blog outlines how important it is to take care of yourself!

Jeff has a facebook & twitter pages:

www.facebook.com/fetalalcoholforever

@jeffjnoble

FASDFOREVER.COM



FASD is forever, frustration is not

Christmas Mocktails For Moms



There is

no safe

amount.

Cookie Cutter

To a blender, add 1C ice, 1 scoop vanilla frozen yogurt, 1tbsp butterscotch sauce, 1/8tsp ground cinnamon and 2oz milk. Blend and pour into small glasses
Garnish with a cookie

Mini Mary Mocktail

Rim a tall glass with fresh lime and sea salt
Fill glass with ice then add 1/2oz lemon juice, 1/4 tsp hot sauce and 4oz tomato juice
Stir to mix & garnish with a lemon wedge & celery stalk

Chocolate Amour

To a heat proof mug add 2 oz warm milk, 1tbsp chocolate sauce and 4 oz decaf hot chocolate.
Stir to Mix, garnish with an orange slice.

Pink Lady

In a blender 1C milk, 2tbsp lemon juice, 1 tbsp grenadine, 1tbsp sugar & 6 ice cubes.
Blend until smooth and serve immediately.

Lava Flow

100ml pineapple juice, 100ml cream, 1/2 banana, dash of coconut, 1/2C strawberries. Blend all together (except strawberries) with ice until smooth. Put the strawberries in the bottom of the glass then add the blended mixture.

Ginger Sparkle

2C dry ginger ale
2C ginger beer
Ice cubes
4 slices of lemon
Combine ginger ale and ginger beer.
Serve as a long drink with ice and garnish with lemon.

Is alcohol good or bad for your health?

The Canadian Public Health Association (CPHA) concludes that while studies have shown alcohol has some health benefits, their scope is limited. In effect, the harmful effects of alcohol "on the body as well as on society far outweigh the good".

The study stresses that women are particularly vulnerable to the harmful affects of alcohol for various reason: their generally lower body weight and less water in the body compared with mens means they can't safely drink the same amount and drinking during pregnancy and while breast feeding can harm the baby or fetus.

The World Health Organization says alcohol related injuries are a growing public health concern, with injuries such as road traffic accidents, burns, poisonings, falls and drownings make up more than a third of the disease burden attributed to drinking.

The World Health Organization notes that 2.5 million people die annually from harmful use of alcohol.

Bad for you:

Sleep problems: a Japanese study in alcoholism suggests alcohol may help young men fall asleep but could interfere in keeping them asleep.

Birth problems: heavy alcohol consumption during pregnancy increases risk of low birth weight, pre term births and other complications. The heavier the drinking the higher the risks.

Cancer risk: alcohol stimulates "epithelial to mesenchymal transition," in which regular cancer cells morph into a more aggressive form and begin to spread through the body.

Bone problems: binge drinking disturbs genes necessary for maintaining healthy bones. Binging decreases bone mass & strength.

Fetal Alcohol: more and more children are being born affected and call for governments to increase support for those who are ending up in foster care. Children with the disorder are generally taken away from their families at a younger age and are more likely to spend the remainder of their life in care.

**Marlene Habib, CBC News
Nov 1, 2011**

Canadians & Alcohol

Canadian University Press has plotted the per capita alcohol sales from across the country and the numbers are:

Alberta \$ 714.40

Yukon \$ 1271.50 <-- Highest

Ontario \$ 622.70 <-- Lowest

Saskatchewan \$ 683.30

British Columbia \$ 791.80

Manitoba \$ 673.30

Lets lower the consumption of alcohol this holiday season and try one of our mocktails listed above!

For other mocktail recipes visit:

www.lcbo.com

www.allrecipes.com

www.kflapublichealth.ca/mocktails/



Tips to keep your Holidays Happy.

1. During the Christmas Season keep your child in a routine. For example, wake up early during the week and engage in fun activities throughout the day.

2. Be aware that large holiday gatherings may be overwhelming for your child and opt to have a smaller Christmas Dinner or attend Christmas parties where your child can have a quiet place to retreat if needed.

3. Consider taking time outs when opening gifts on Christmas morning. Sometimes the wonder Christmas sounds and textures of opening present can become overwhelming for a child affected by FASD.

4. Children affected by FASD can become over stimulated by a cluttered environment. When it comes time to decorate the house keep it simple and make changes slowly. Involve the children as much as possible in the decorating process.

5. Engage the children in activities they enjoy around the holiday season, don't force them into listening to

Christmas music if it is unappealing to them.

6. Take special care to avoid decorations that are sharp, breakable or with small removable parts out of reach of the children so to prevent injuries, swallowing and/or inhaling the small pieces.

7. Keep candies out of children's immediate reach, you don't need a sugar fix when you aren't watching.

8. Keep visitors belongings out of reach of the children, visitors may bring medications, lighters or other dangerous things with them.

9. Remember to clean up the party! Children get up early and may get into the leftover food and/or alcohol.

10. During Christmas try to stick to calm, soothing Christmas music as opposed to high tempo, upbeat songs.

11. Take a bag of books, coloring sheets, crayons, small toys when visiting friends and family.

Tips for Teens

Christmas is a very busy and crowded time of year. Try to get your Christmas shopping done earlier in the season when there is less of a crowd in the malls and shopping centers. You can also try to plan to arrive at the stores when they first open so you can avoid a large rush of people and long lines.

There will be a lot of extra Christmas activities going on at work and at school. If this becomes too overwhelming speak with your school counselor or boss about asking to be excused from some of the activities if you are feeling overwhelmed.

As much as sleeping in over the winter break sounds wonderful, the more you change your sleep patterns the harder it will be to get up for school when January comes. So try to get up at the same time as you do during school.

There may be pressure to drink alcohol or use drugs over the holidays, use your better judgement and just say no to anyone who is pressuring you to use drugs or alcohol.



*Are you part of an
organization or agency
that works with
individuals affected by
FASD?*

EFAN is continually looking to expand its membership and to establish linkages with relevant agencies and committees in order to build on the networks and communities capacity, while offering culturally sensitive services across the lifespan. The Edmonton & Area Fetal Alcohol Network is open to all agencies and community members who have an interest in Fetal Alcohol Spectrum Disorder and its related issues. If you are interested in learning more about EFAN or becoming a member, please visit the EFAN blog or contact the network.

BLOG:

www.edmontonfetalalcoholnetwork.wordpress.com

Email:

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780-378-2450



Fetal Alcohol Disorders often mistaken for ADHD

A new study shows that children with fetal alcohol spectrum disorders (FASD) are often initially diagnosed with attention-deficit hyperactivity disorder (ADHD) because the two problems can manifest in similar ways, Forbes reports.

The researchers found that children with FASD have more difficulty interpreting social information than children with ADHD, which results in more severe behavioral problems. The study also found that children with FASD have a high risk of psychiatric problems.

Study author Rachel Greenbaum, a clinical psychologist with the Childrens Mental Health Team at Surrey Place Centre in Toronto, Canada, said in a news release that FASD and ADHD can look quite similar behaviorally, with respect to problems with very limited attention, physical restlessness, and extreme impulsivity.

The study of 33 children with FASD, 30 children with ADHD, and 34 children without disorders focused on their social cognition and abilities to process emotions. Social cognition is the ability to consider and differentiate between the beliefs, thoughts, feelings, and intentions of oneself and others, and emotional processing is the ability to understand and process information related to feelings.

Corresponding author Joanne Rovet, a professor at the University of Toronto and senior scientist in neurosciences and mental health at the Hospital for Sick Children, said that overall, children with FASD have more severe behavioral problems. In terms of social cognition and emotional processing, the core deficit in FASD appears to be in understanding and interpreting another's mental states and emotions, she said.

She also suggested that these problems with social cognition and emotional processing may underlie that severe conduct problems seen in children with FASD, including behaviors such as lying, cheating, and stealing.

"It is imperative that these children receive assistance in social and emotional processing domains, specifically targeting interventions to deal with their unique deficits," Rovet said.

<http://www.promises.com/articles/alcoholabuse/fetal-alcohol-disorders-often-mistaken-for-adhd/>

Promises Treatment Centres

Ten Things Every Child With FASD Wishes You Knew

1. I am first and foremost a child. I have FASD. I am not primarily 'FASD'.

My FASD is only one aspect of my total character. It does not define me as a person. Defining me by one characteristic runs the danger of setting up an expectation that may be too low. And if I get the sense that you don't think I 'can do it', my natural response will be: Why try?

2. My sensory perceptions are disordered.

Sensory integration may be difficult to understand but it is critical. It means that ordinary sights, sounds, smell, tastes and touches of everyday that you may not even notice can be downright painful for me. The very environment in which I have to live often seems hostile.

3. Please remember to distinguish between won't (I choose not to) and can't (I am not able to).

Receptive and expressive language and vocabulary can be major challenges for me. It isn't that I don't listen to instructions. It's that I can't understand you.

4. I am a concrete thinker. This means I interpret language very literally.

It's very confusing for me when you say, "Hold your horses", when what you really mean is "Please stop running". Don't tell me something is a piece of cake when there is no dessert in sight.

5. Please be patient with my limited vocabulary.

It's hard for me to describe what I need when I don't know the words to describe my feelings. I may be hungry, frustrated, frightened or confused but right now those words are beyond my abilities to express. Be alert for body language, withdrawal, agitation or other signs that something is wrong. On the flip side I may sound like a little professor, rattling off words or whole scripts well beyond my developmental age. These are messages I have memorized from the world around me to compensate for my language deficits because I know I am expected to respond when spoken to.

6. Because language is difficult for me, I am very visually oriented.

Please show me how to do something rather than just telling me. And please be prepared to show me many times. Lots of consistent repetition helps me learn.

7. Please focus and build on what I can do rather than what I can't.

Like any other human, I can't learn in an environment where I am constantly made to feel that I'm not good enough and that I need fixing. Trying anything new when I am almost sure to be met with criticism, however 'constructive', becomes something to be avoided.

8. Please help me with social interactions.

It may look like I don't want to play with other kids on the playground, but sometimes it's just that I simply do not know how to start a conversation or enter a play situation.

9. Try to identify what triggers my meltdowns.

Meltdowns, blow-ups, or whatever you want to call them are even more horrid for me than they are for you. If you can figure out why my meltdowns occur, they can be prevented. Try to remember that all behaviour is a form of communication.

10. Love me unconditionally.

Banish thoughts like, 'If he would just...' and 'Why can't she...'. I did not choose to have FASD but remember that it is happening to me, not you. With your support and guidance, the possibilities are broader than you might think.

Adapted from 'Ten Things Every Child With Autism Wishes You Knew' by Ellen Notbohm

**+ Please join the
Edmonton &
Area Fetal
Alcohol
Network for our
Annual
Strategic
Planning Day!**

When?
January 10th, 2012
8:30am – 4:30pm

Where?
McDaniel Manor
12840 67th Street

Who?
All EFAN Members
&
Affiliates

**Lunch &
Refreshments will
be provided**



Please RSVP your attendance by December 16th, 2011 to brittani.sorenson@catholicsocialservices.ab.ca

**Wishing You A
Happy & Safe
Holiday Season.**

This newsletter contains information regarding resources, services, articles, research and any other materials that might inform and provide support to frontline workers and caregivers. If you wish to share information or to be added to our e-list subscription, please contact:

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