



**EFAN**

# FASD - Frontline

May 2015



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## 4 Fun Ways to Spend Mother's Day

How do you spend your special day, Mom? Get some ideas here, and let your family know.

### Go to the movies:

Pull out old photos and movies of you as a child, and take a trip down memory lane with family.

### Get Pampered:

Have your husband and kids make up coupon with each of the following (Bath soak, Sleep in, Manicure, No sibling squabbles, etc) and redeem them all on Mother's Day

### Make "Lasting Impressions"

Have your family place their hand and feet into a shallow tub of colourful, nontoxic paint. Spread out a roll of butcher paper, and have everyone press their hand and feet on it, leaving behind their prints. Label each hand/foot print with the name, date and a special message

### Plant Some Flowers:

If you have extra space in your garden, you can create a real, live Mother's Day canvas. First, buy various packets of flower seeds that grow fast and well in your region. Then have your kids draw a picture or write a short message (like "We love Mom") in the garden dirt with a stick. Drop the flower seeds into the dirt lines; then cover them up, and water every few days. Before long, your picture (or message) will be blooming, and you'll have a Mother's Day gift that keeps on growing!

**Edmonton and Area Fetal Alcohol Network (EFAN)** Frontline 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 [edmontonefan@gmail.com](mailto:edmontonefan@gmail.com)

## FASD Success Story—Agencies Collaboration

By: FASD Program in Edmonton

This individual and his partner successfully completed a 12 week parenting program, “Caring Families”, through the KARA Family Resource Centre. This family also had an open file with Child and Family Services (CFSA). A case conference with CFAS was attended by advocates and family.

The family’s actions and their ability to utilize supports provided, ultimately led to CFSA closing the file. The partner in this situation is enrolled in the PCAP. This participant was living in her partner’s family basement suite. She completed the parenting program that she was required to take by Child and Family Services and is now in her own home through the Homeless to Homes program. Since having her own home she has become more independent, and now has the freedom to have control over her own life and how she raises her child. With supports from the housing program and PCAP it creates an environment for successful outcomes.

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### Your Brain on Meditation

Harvard University scientists have published the results of an **8-week study** that used magnetic resonance imaging (MRI) to examine the effects of meditation on the brain. Participants in the study practiced forms of mindfulness meditation every day for approximately 30 minutes. **Mindfulness is a meditation style** that emphasizes maintaining an objective awareness of sensations, feelings and states of mind.

MRIs were taken at the beginning and end of the 8-week study. From the results, researchers determined that meditation literally rebuilds the **brain’s gray matter in just 8 weeks**—making this the very first study to document that meditation produces this kind of change over time. We know what you’re thinking: what is this mysterious gray matter that meditation is rebuilding? **Gray matter** is a major component of the central nervous system, and is found in areas of the brain involved in muscle control, seeing and hearing, memory, emotions, speech, decision-making and self-control.

The Harvard study found that meditation can increase the **density of the gray matter in the hippocampus**, specifically. According to the Harvard Gazette, the hippocampus is, “*known to be important for learning and memory, and in structures associated with self-awareness, compassion, and introspection.*”

Participants also reported **reductions in stress** after the 8 weeks, which makes sense, as over the course of the study, the gray-matter density in the **amygdala**—which is known to play an important role in stress and anxiety—decreased.

This study is ground-breaking and empowering in that it shows that we have the power to change the structure of our own brains: to improve our memory and learning capacities, and to become more compassionate and self-aware. Britta Holzel, first author of the study, summarized its incredible findings: “*It is fascinating to see the brain’s plasticity and that, by practicing meditation, we can play an active role in changing the brain and can increase our well-being and quality of life.*”

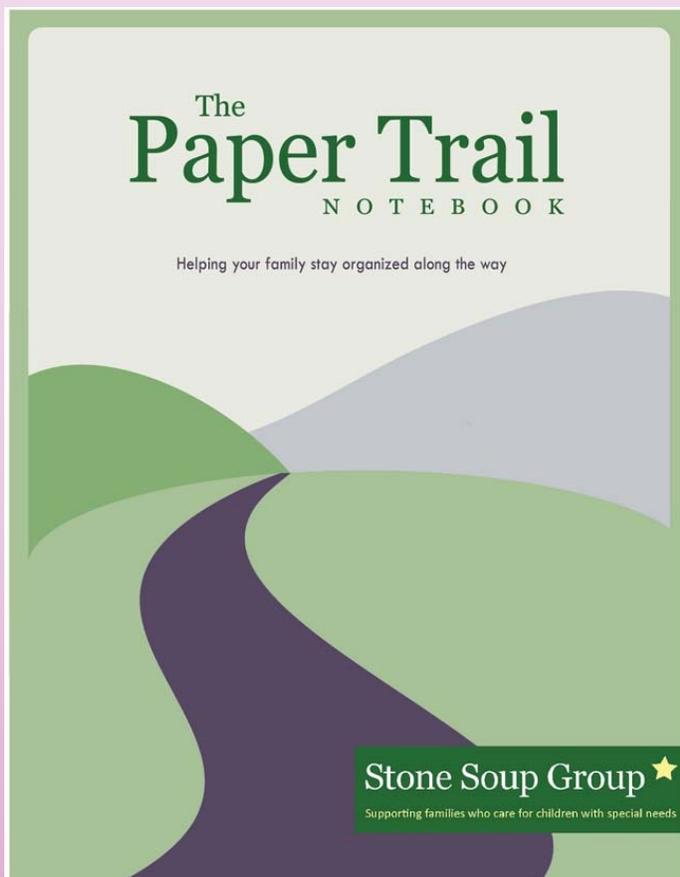
For a more detail on this study use the following links:

Full article: <http://www.thealternativedaily.com/meditation-literally-rebuilds-brain/>  
<http://news.harvard.edu/gazette/story/2011/01/eight-weeks-to-a-better-brain/>

**Source:** Daily Alternative on meditation and how it can support brain function.



## The Paper Trail Notebook



The Paper Trail Notebook is an organizational tool developed by Stone Soup Group (SSG) that has helped thousands of families collect and maintain their children's medical records, resources they find, educational and therapy history, milestones, and more. It is currently available to families at no charge, and is recommended by hospitals, clinics, therapists, and providers across the state.

### How do I use the Paper Trail notebook?

We designed this notebook (with the input of many parents and service providers) to be an easy way for families to keep track of all the information they receive for and about their child with special health care needs. It should be useful for many years on the journey through childhood and beyond.

It provides a way to simplify record keeping and to store information about the many services available to families of children with special health care needs. Think of it as a place to collect and organize the important papers that accumulate as a child grows.

The Paper Trail notebook is divided into sections that make it easy to find what is needed quickly. By keeping current records and reports close at hand it may also cut down on the amount of time spent processing paperwork needed by programs and service providers with whom a family may be working.

### Some hints from parents on getting the most out of the Paper Trail notebook:

- Take your notebook with you to all appointments
- Update the appropriate information in each section as you receive new information.
- Keep a calendar in the front of your notebook to log calls to and from health care and service providers or to keep track of troubling behaviors.
- When applying for new services, ask the program to copy the Idataform (developmental history form) and other needed records, rather than having to rewrite your child's early history.
- Keep your notebook close to the phone so it's easy to access information when talking with health care and service providers.

### How can I get a Paper Trail notebook of my own?

Paper Trail notebooks are available to families of children with special health care needs of any age, through Infant Learning Programs throughout the state of Alaska. They may also be purchased directly from Stone Soup Group. Please call us at (907) 561-3701 or email us for more information: [info@stonesoupgroup.org](mailto:info@stonesoupgroup.org)

Source: [Stonesoupgroup.org](http://Stonesoupgroup.org)

grant me the  
patience to deal  
with my blessings.

THE KIDS WHO NEED  
THE MOST LOVE  
WILL ASK FOR IT IN  
THE MOST UNLOVING  
OF WAYS.

SOBER CHOICES

**"IF THEY CAN'T  
LEARN THE WAY  
WE TEACH, WE  
TEACH THE WAY  
THEY LEARN."**

DR. O. IVAR LOVAAS

HEALTHY BABIES

Do not focus on  
how far you've got  
to go.  
Focus on how far  
you have gotten .

EVERY  
**CHILD** IS A  
*different* KIND OF *flower,*  
AND ALL TOGETHER,  
MAKE THIS WORLD  
A *Beautiful*  
GARDEN.

## Project Highlight

### EFAN Artwork Contest

EFAN is hosting an Artwork Contest open to youth/teens who are in or out of school. The theme of the contest is "Prevention and Awareness of FASD."

The purpose of the contest is to highlight 2015 FASD Day.

**For more information please email: [Edmontonefan@gmail.com](mailto:Edmontonefan@gmail.com)**

### May/June Upcoming Events

- You Just Don't Get It Workshop—Jasper Place Parent Link Centre—May 02, 2015
- EFAN Monthly Meeting—May 05, 2015—At DECSA
- McDaniel Youth Program—Men's Group— May 06, 2015—4:30—6:30 p.m
- Frontline Meeting—May 12, 2015—206 at Parkdale School —9: 00—11:00 a.m.
- McDaniel Youth Program—Women's Group— May 20, 2015—4:30—6:30 p.m
- Coaching Families—Supports Group—May 21, 2015—JAC—9:00—12:00 p.m.
- PCAP Council—Presenting Dr. Gabor Maté—Thursday, June 04, 2015

### Ideas for Family Outings / Activities

- May 02, 2015—Elephant Talk—Valley Zoo
  - May 09, 2015—Seal Talk—Valley Zoo
- May 10, 2015—Mother's Day Run, Walk & Ride—Hawrelak Park
- May Long Weekend (16th and 17th) Enjoy beginning of summer
- May 21, 2015—Stars and Strollers Movie—Cineplex Odeon South Edmonton

*A future free of Fetal Alcohol Spectrum Disorder.*

**EFAN**

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**Vision:** A future free of Fetal Alcohol Spectrum Disorder.

**Mission:** Educating and supporting communities

**Edmonton and Area  
Fetal Alcohol Network**