

FASD Frontline

SEPTEMBER 2015

From left to right:
FASD Program Manager Denise Plesuk
EFAN Coordinator Lisa Rogozinsky



YES! We did it Again! EFAN Represented at the 2015 K-Days Parade

It was a cold, rainy, and windy morning, but that did not discourage or stop EFAN Society Members, clients, parents and caregivers in participating in the Klondike Days Parade. They donned on yellow T-shirts with the message “Don’t get your baby pickled” and other colorful accessories, put on a smile that stayed frozen on their face (due to the cold wind) and marched all the way, all for FASD Prevention.

Some of the members brought along their kids as schools are closed for the summer, the children and adults alike blew bubbles to the crowd and had a lot of fun doing it. EFAN uses any means possible to spread the word that alcohol and pregnancy do not mix. There is no safe amount, time and kind of alcohol to drink during pregnancy. The best message to share with expectant mothers is to abstain. Visit our website for more information on FASD Prevention and Resource Materials.



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



Getting Ready for New School Year the Night Before

1. Pick out your clothes the night before, or even sooner. Don't do it in a hurry in the morning. Check with a family member if you need approval or advice on fashion or making sure your clothing matches.
2. Get your book bag and any other supplies ready, and have them by the door so you can grab it and go in the morning.
3. Eat a good dinner. Don't drink sodas with caffeine in them. You won't be able to get to sleep.
4. Get some exercise the day before, but not too late in the evening it'll help you work off some stress, and it will help you sleep better.
5. Decide on breakfast for the next morning, and make it a healthy one that will also fill you up. Remember to give yourself time in the morning to eat. A leisurely breakfast will also help you gather your thoughts and arrive at school calm and ready.
6. Pack your lunch the night before, or have all the parts ready so you can toss them in your lunchbox quickly.
7. Make sure your toothbrush, shoes, and so on are where you can find them. Save yourself the trouble of any morning rushes.
8. Fill out any paperwork ahead of time, if you must drop it off on the first day of school.
9. Set your alarm clock before bed. You may even want multiple alarm clocks, just in case you don't wake up. You may still be used to the summer schedule of waking up late. Sleeping in on the first day is something you should avoid, as you might miss a few hours of important introductions.
10. Ask any questions before bed. You may ask a parent, guardian, or older sibling who's gone to the grade you are starting.
11. Scout out the school in advance. If you're new to a school, go before school starts and get a feel for where things are and how far apart they are. If you don't have time for this step, though, don't worry. Everybody else is going to be new there, too, so it's no big deal to ask questions, wander into the wrong room, and so on, especially for the first few days.
12. Get a good night's rest. Take a sleeping pill if you have to. You don't want to stay up night worrying about everything.
13. Call up any friends you'll be meeting in the morning, and arrange a time and place to get together. You could meet them at school, or you could walk to school with them, if they live nearby.

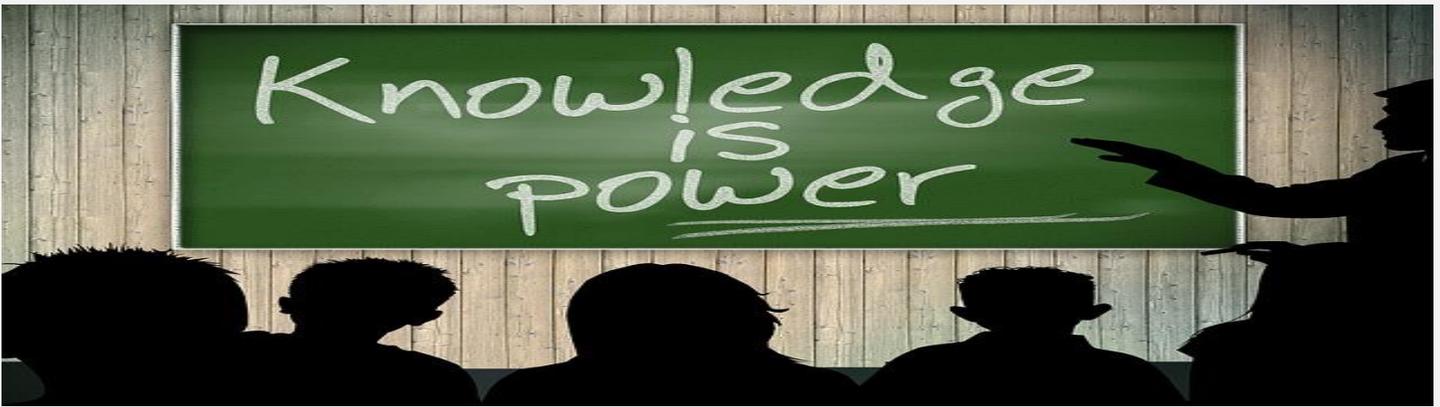
Found on: <http://www.wikihow.com/Prepare-for-the-Night-Before-School-Starts>

Ways to Make Mornings Easier:

Here are a few tips to ease the morning madness of getting ready for school.

1. Start the Night before: Get a jump start on your morning. Before bedtime encourage your child to choose clothes for the next day, take a bath/shower, and review schedule for the next day.
2. Curve out some "me" time: Consider waking up before your child so you have a few moments to relax, eat breakfast, drink coffee, check out mail, or do whatever that helps you get in the zone for the day's activities.
3. Make wake-ups more pleasant: by setting your child's alarm clock to play his or her favorite song
4. Follow a schedule: Make every day as predictable as you can. Try to follow the same schedule every day, before and after school. It may look something like this: Wake, brush teeth, wash face, eat breakfast, get dressed, leave for school etc.
5. Keep home items organized: Have set spots for school supplies, sports gear, outerwear--even lunch and snack foods. That way, your child will always know where to look for the things he/she needs.
6. Rely on clocks: Put easily visible clocks in your child's room, the bathroom, the kitchen -- even in the hallway. By making time more visible you're showing the importance of promptness and helping child learn to manage time.
7. Double-check for materials: Have your child check to make sure he/she packed everything before leaving the house. This could save you from having to run to school to drop off a forgotten folder or assignment. You and a younger child can create a silly phrase or song to help him/her remember the books and materials that need to be in his/her bag each morning.
8. Offer rewards to finishing early: If your child is able to get ready in the morning with time to spare, commit to playing a quick game together or reading out loud. Starting the day with family bonding can get everyone off to a great start

Found on: www.understood.org



Going Back to School by Val Bate

An Adult Learning Experience: Conversation with Paul Pringle

Val and I sat down and talk about going back to school as an adult. This was particularly significant, as she has two learning impairments FASD and ADHD. Val had left high school in 1979, short of finishing grade 12. The support for students with learning disabilities was not there for her. She also heard the message that she didn't have the ability to learn.

There are programs now with supports that accommodate learning styles, however that was not the case when Val was attending school as a youth. The thought of going back to a school experience, brought about some anxiety for Val (Will this be the same experience? Can I learn?) However Val went ahead, as she wanted to complete her GED. She felt excited, enthused and a belief that this could be a successful experience for her. Interesting enough when Val left high school she enrolled in the army.

Val attributes some of her decision to go back to school based on her time in the army. It was a very positive experience, as she was well supported, in learning her role as an administrative assistant and other duties. She discovered that her learning style requires repetition, time and extra homework. I was surprised at her statement of "extra homework". She explained that this gave her added practice and confidence. The two subjects she had most difficulty was math and essay writing. Math has been shown to be common for people with an FASD. Val worked hard to learn how to do her job. Knowing that she had a successful learning experience and a new strategy, this added to her optimism and decision to go back to school, 35 years later as an adult.

Val attended Careers in Transition sponsored by the Alberta government. Initially she completed an assessment questionnaire, which also included asking, if she was prepared to commit to classes for five months, Monday to Friday. Val maintained a 75 – 80% average throughout her studies. She attributes this accomplishment to "hard work" and the supports provided in the classroom. On the lighter side, she did say there were still disruptive students in the classroom; I guess you can't get away from that at any age. However the teachers understood and try to be supportive to what might be happening for a student. This is a program for people who are underemployed and may have experienced poverty and/or being marginalized. Val said there were 3 teachers to 15 students, they gave extra time when needed and provided technology such as talking books.

Val also discovered that if she got up and moved around or just stood up, this would help with her focus. Val and I are very proud to say she completed her GED. This has increased her self-esteem, confidence and communication with others! Oh yeah she still had to bring her own lunch and no T.V. Until her homework is done. Val says go for it, age does not matter!

**GOING BACK TO SCHOOL WITH AN FASD –
Written by Chelsea Delisle**

*Caregiver: “How did you find school today?”
Child: “I just got off the bus – and there it was!”*

Getting back to our out of practise school routines after 2 months of summer fun can be a challenge for anyone, but like any big change, it can present new challenges for children and adolescents who have an FASD. Some children have been enrolled in summer programming or have kept busy with daily activities; some have had a lot of flexibility and an increase in play time. But no matter how they've spent their summers, everyone needs some time to adjust. Preparing to get ready will help get back into the swing of things by the time September comes around. The following are some useful ideas to keep in mind when preparing children and adolescents with an FASD to head back to school.

One of the most important things to remember when getting children ready for back to school, is the necessity for clear and structured routines. Creating night time and morning routines can help with the transition of going back to school and leave little room for surprise for both caregivers and children. In the meantime, the child can establish positive habits such as good hygiene and time management. Maintaining consistent patterns can help to reduce behavioural reactions because of confusion or frustration, which can contribute to overall family sense of well-being and preparedness for the day. It's a good idea to start implementing routines a couple of weeks before school start to transition children softly and allow adjustments where they may be needed. Shifting our sleeping patterns can be difficult, so it's important to allow enough time for this transition to ensure that children are getting adequate sleep to be at their best the next day.

Practice is also pivotal when it comes to children and adolescents preparing for their return to school. If a child is moving into a new school, you can start with a tour of the facility ahead of time to feel relaxed, let them become comfortable with their new surroundings, and develop strategies for any foreseeable challenges ahead of time. If it's helpful for the child to practise bus routines, walk the routes to and from school. It is also an opportunity to talk about community safety and use role play to reinforce the message. Have the child practice laying out clothing items and breakfast supplies each night. This is a great opportunity to practice the sequence of activities in order, (i.e.: brush teeth first then dress). Ideally, the sequence will establish a routine and finishing one task would provide cues for the next on the list. Pair both evening and morning routines with other visual aids such as picture charts, or visual schedules with helpful imagery that depict what each task consists of and how long each should take. Utilizing audio cues such as an egg timer, oven timer or the timer function on any electronic device can also reinforce time management and help to foster positive skills. Time management and organization are two very important pieces when it comes to getting ready to go back to school, regardless of the child's age or capacity. Children with an FASD may not have the sense of time and present a variety of learning styles. They can be lacking an internal clock and an external brain, so putting in place helpful tools such as timers and calendars can address their uniqueness and strengthen the important skills that children need to have a positive school experience.

Providing children and adolescents with the tools to prepare them for school goes above and beyond picking out school supplies and back to school outfits when it comes to those with an FASD. By pre-emptively supporting the challenges a child may have and consistently applying creative solutions to assist their progress, parents and caregivers can ensure their children are fully supported throughout the back to school transition.

The following is a helpful link that parents and caregivers can use to create their own visual schedules for night-time and morning routines, and daily schedules: www.connectability.ca/visuals-engine

EFAN	2nd AGM	FASD DAY	FASD 1oh1
<p>Here are a few important dates to remember. Mark your calendar, and see you at these events</p>	<p>September 01, 2015</p> <p>Where DoubleTree by Hilton Address</p> <p>Time: 9:00 am - 11:30 am</p> <p>Door open for registration at 8:30 am</p>	<p>September 09, 2015</p> <p>Where: Churchill Square - City Hall</p> <p>Time: 10: 00 am - 12:00 noon</p> <p>Set up - 9:00 am</p>	<p>September 24, 2015</p> <p>Where: Chateau Louis</p> <p>Time: 9:00 am - 4:00 pm</p> <p>Registration opens at 8:30 am</p>
OTHER Meetings	<p>September 01, 2015</p> <p>EFAN Meeting Cancelled for AGM</p>	<p>September 08, 2015</p> <p>Frontline Meeting Parkdale School 9:00 am – 11:00 am</p>	<p>September 24, 2015</p> <p>PCAP Meeting Starting 19:00 hrs.</p>

FAMILY FUN ACTIVITIES SEPTEMBER / OCTOBER

- ✓ Edmonton Latin Festival Winston Churchill Square Aug 15 – Aug 16, 2015
- ✓ Bubble Guppies Live! 11455 87 Ave Sep 19, 2015
- ✓ The Wiggles: Rock & Roll 100 Festival Way Oct 27, 2015
- ✓ Alvin and the Chipmunks 11455 87 Ave Nov 26, 2015
- ✓ Disney and Cameron 100 Festival Way Dec 17, 2015

Highlight of the Month

Lighting of the High-Level Bridge



The high level bridge will be lit pink and blue on the night of September 09, 2015 to celebrate FASD Day.

FASD is celebrated on September 9th each year. This date was chosen so that on the ninth day of the ninth month of the year, the world will remember that during the nine months of pregnancy a woman should abstain from alcohol.

Anytime is a good time to raise awareness about fetal Alcohol Spectrum Disorder.

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