

Tips for Parents with FASD.

1. Ask for Help
2. Have a list on the fridge of individuals who you can call when you are needing help or feeling overwhelmed.
3. Have regularly scheduled time away from your kids.
4. Keep the house rules consistent. Bed time and meal times are the same time every day.
5. Post house rules in the house.
6. Use picture to describe the behaviour you want your children to do.
7. Get to know your kid's friends and their parents.
8. Get to know your kid's teachers and keep in contact with them.
9. Keep all kid's friends, teachers and medical professionals phone numbers stored in your phone or give them to an adult that you trust.
10. Attend the activities that your child is enrolled in and cheer for them
11. Limit the amount of activities that your kid is involved in to 2 a week.
12. Use a calendar to write down important dates such as doctors appointments, kid activities, days off of school, meetings and birthday parties.
13. If your child is asking for your attention or wants to show you something, give them your attention.



14. Spend at least 1 hour a day playing with your kid.
15. Have activities for your child to do both indoors and outdoors. Children with activities to do are more likely to behave as they are not bored.
16. Praise your child for what they are doing well, and when they do something that you like.