



EFAN

FASD - Frontline

March 2016 Issue



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Here is al List of Fun Easter Crafts for Kids

Count Down to the Hunt:

Get your family excited for Easter with this easy countdown craft idea found on [Eighteen25](#). All you'll need is an empty egg carton, 12 plastic eggs (to hide the countdown goodies) Simply number your eggs and fill them with treats or found objects.]

Eggs on a Line:

Using paint sample cards in pretty pastels from your local hardware store, a hole punch, and some string, you can create an Easter garland to fit a room of any size. This crafty blog [Modern Parents Messy Kids](#) has tons of similar ideas for you to get your DIY fix.

Easter Snacks:

Make your own goldfish cracker carrots by filling up a frosting piping bag with a few handfuls of crackers and finishing them off with a spring green fabric ribbon. Check out at [Susan Weinroth](#)

Hoppy Easter Ears:

We came across several DIY rabbit ear tutorials, but this one found over at [Babyccino Kids](#) is so clever we had to share! We love the cotton-ball "fur" and the red and white straws used as whiskers! Your kids will enjoy making them together and you're sure to have a whole houseful of Easter bunnies hopping around in no time.

Source: <https://www.parentmap.com/article/15-fun-easter-crafts-for-kids?page=15>

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



By: Patricia Ellison-Traverse

St. Patrick's Day is just around the corner! A good way to celebrate the day (along with wearing green, picking shamrocks and pretending to be Irish) is sharing some non-alcoholic drinks with your friends and family!

St. Patrick's Day Fun Drink (Non-alcoholic)

Ingredients

4 oz lemon lime kool aid mixed up

4 oz sprite

ice to taste

strawberry for garnish

Instructions

Make lemon lime kool aid according to directions. Mix the other items in and stir. Add ice and garnish with a strawberry.

Shamrock Orange (Non-Alcoholic)

Ingredients

orange juice (3 oz)

lemon lime kool aid (2 oz) follow instructions on package

Lemon Lime Soda (3 oz)

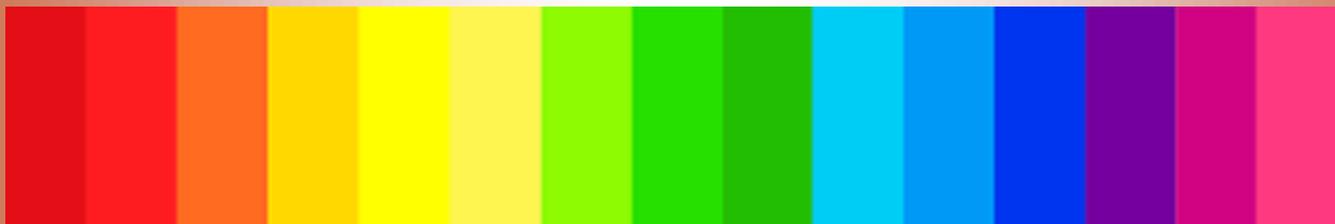
Instructions

Add all ingredients together, stir and garnish in a pretty glass.

Enjoy these non alcohol beverages while celebrating St. Patrick's Day

Fetal Alcohol Spectrum Disorder: The Art of Concrete Language

By: Paul Pringle



One of the ideas that we talk about in our FASD presentations is using concrete language in our conversations with people. The opposite is to use abstract language and believe that the person has understood what you said. Even trying to explain abstract is difficult and has its challenges. Concrete language is using words that usually have only one meaning. If I said to you, it is raining everyone knows what rain is. However if I said it is raining cats and dogs, what does that mean! Does it mean that cats and dogs are falling out of the sky? I could say it's a "heavy rain" and it still could be confusing. If I describe it as, there is a lot of rain coming down and it feels hard when it hits your body that would be more concrete. The more we can use words that have a single meaning the more it will help us when we are talking to someone with an FASD.

FASD is a spectrum and that means people have different abilities. The picture of colors shows a spectrum, meaning that there are many colours and they are all different. However they are painted with the same paint brush. If you think of language as a paint brush I can say I painted the house red that is one colour. If I painted the house violet it means that I used blue and red. I can use a little or a lot of either colour as well. That will change what violet looks like. When I describe colors as a single color everyone on the spectrum will know what I mean and if I describe a color as blue and red everyone will know how to make violet. That way blue can understand another color and violet can relate to a red and a blue.

Concrete language will help everyone on the spectrum to understand what you are saying. In fact concrete language is a great way to make sure that people understand what is being said no matter who they are.

Easter Egg Hunt Clues

Source: jellybeanjam.blogspot.com.au

Follow the clues
To a gift for you
The first one is easy
It's in your shoe



Library bag and
Lunch and hat
You'll find me here
And that is that



The mail will come
Through thick and thin
Take a look
Where the letters come in



I have four legs
But cannot walk
You sit at me
To use your fork



You don't have to search
Very long or far
This is where
You keep the car



Are you getting hungry?
It's time to eat
Breakfast goodies
Are such a treat



By golly gee
And golly gosh
This is where
Your clothes get washed



Is that all the clues?
Oh no it's not
You'll find your next clue
In a place that gets hot



Well done, that's great!
You're nearly there
The last clue is hiding
with things for your hair



Your very last clue,
Try not to peep
I'm feeling quite tired
It's time to sleep



First Steps (PCAP) Program

This program caters to women who are at risk of giving birth to a child with FASD. The First Steps Program is under the PCAP (Parent Child Assistance Program) model. Identify personal goals:

- Identify personal goals
- Access parenting information
- Balance income, finances, budgeting
- Explore educational opportunities
- Access alcohol or alcohol/drug treatment
- Access health care and immunizations
- Access counselling services
- Address housing, domestic violence, and child custody issues
- Connect with other community resources.

If you or someone you know is in need of this kind of support, please call their Intake at **780-477-1999 ext 3202**

Upcoming Calendar Events

- EFAN Monthly Meeting— Strategic Planning Meeting—March 01, 2016
- Frontline Monthly Meeting—Parkdale School—March 08, 2016
- Coaching Families—Support Group—JAC—March 08, 2015
- McDaniel Youth—Support Group —East Office—Mar 1, Apr 5, June 7
- McDaniel Youth—Gear Up—East Office—Mar 8/22, Apr 12/26
- McDaniel Youth—Momentum—East Office—Mar 15, Apr 19, May 17
- FASD Adults Support Groups—Various Locations— Mar 09, Mar 16, Mar 23, 2016

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Educating and supporting communities

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Edmonton and Area
Fetal Alcohol Network

A future free of Fetal Alcohol Spectrum Disorder.