



**EFAN**

# FASD - Frontline

May 2016 Issue

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Photo Source: kids360.ca

### Here is a list of what moms really want to do on mother's day

- ◆ **Sleep-in**  
This means sleeping in past 7 am and maybe getting some late-afternoon naps
- ◆ **Skip Nightshift**  
Someone to take over baby and let mom sleep with no interruptions from crying baby and feeding
- ◆ **Absolutely No Cleaning**  
Moms would like not to lift a finger and not to worry about waking up to a messy house next day
- ◆ **Someone Else to Run Interference**  
Dad, this is you. On this day mom would like for you to handle it all
- ◆ **Read a Book**  
No, not a child's book at night but one of the novels and books that are collecting dust
- ◆ **Leave the House Alone**  
Moms would like to leave the house without all the planning, worry, or guilt.

**Click below link for more ideas on what moms really want.**

**Source:** <http://www.popsugar.com/moms/What-Do-Mother-Day-34693667#photo-34693822>

**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)

# A MINDFUL MOMENT

By: Paul Pringle



Mindfulness is the practice of putting all your focus on the present moment. It is the state of an active and open attention to the present. When you're mindful, you observe your thoughts and feelings from a distance, without judging them, good or bad. Instead of letting your life pass you by, mindfulness means living in the moment and awakening to experience (Psychology Today). It is relatively new to those of us in North America, however Buddhism has been using this type of practice for centuries. Mindfulness is showing to be an effective way to treat PTSD and other types of trauma.

Mindfulness can be practiced as a meditation or just taking moments of your life to be present to yourself and how you are feeling. It is a way of observing and being with yourself without judgement. It is way to stop and just check with yourself. If you take a moment to stop and take one breath, it is a place to start and experience some of benefits to being present to yourself. How can one moment of taking a breath and paying attention to that breath be helpful? When life feels overwhelming and a thousand thoughts are running through your head that is a great time to breath. Taking a moment just to stop and be mindful to what you're feeling without judgement, can be a chance to change your focus and slow down the chatter. It is a moment of compassion, acceptance and a break from the self-talk. Compare it to a recess, when your mind is allowed to relax and play serenity.

There are programs available to learn about mindfulness, that you can find on the internet along with programs being offered. However, for now try this app, **Stop Breath & Think** (available for cell phone and the web) it will give you steps to identify what you are experiencing, with emotions, physical and mental health. Have a great day and take a moment to pay attention to yourself!

# Goal Setting for the Ordinary Person (or Flying to the Moon)

By: Trish Ellison-Traverse

Goal setting sometimes seems like such a chore that people may neglect to make any goals at all. However, there is a way to make goal setting more appealing especially if there are specific outcomes a person has in mind. And, also, goals can be short term or long term, and can be broken down into tasks that are manageable for the ordinary person.

The best system to use for setting goals is called SMART. This word is an acronym for **S**pecific, **M**anageable, **A**chievable and **T**imely.

## **S**pecific

- Name the goal (school, house, job etc)
- Why do you want to achieve this goal?
- Where do you have to go to achieve this goal?
- Who do you need get help from for this goal?
- Are there are limitations to achieving the goal?

## **M**easurable

- Do you have the time to set aside to accomplish the goal?
- Do you have the social supports you need to accomplish the goal?
- Do you have the financial resources you need to accomplish the goal?
- Do you have enough information to accomplish the goal?

## **A**chievable

- Who is going to achieve the goal?
- How is the goal going to be achieved?

## **R**ealistic

- Make sure this is a goal that is realistic (you might want to be an astronaut, but only .000000009% of the population have the qualifications for flying to the moon!)

## **T**imely

- Is this the right time for achieving the goal?
- Can the various tasks be broken down into smaller, medium and larger chores?
- When do you want have the goal completed?



Image source: [www.totallytarget.com](http://www.totallytarget.com)

“We traded sleep for dark circles,  
salon haircuts for ponytails,  
long baths for quick showers,  
late nights for early mornings,  
designer bags for school bags  
and we wouldn't change a thing!  
We call ourselves mums and  
we don't care about what we gave up  
and instead LOVE is what we get in return!

That's what being a mum is all about!”

Author Unknown

## Program Highlight

### Try Different Not Harder—FASD Community Educator

Presentation and consultations are at no cost and tailored to accommodate schedule time and needs of the group or agency.

**Topics include:** Employment, Recreation, Housing, Addiction, Relationships, Strategies & Support, and Consistency.

**Open to:** Parents, Caregivers, Service Providers, Community Members, Youth, Public Service, and interested parties.

#### Contact Person:

Paul Pringle – FASD Community Educator  
[ppringle@bissellcentre.org](mailto:ppringle@bissellcentre.org) – 780-423-2285 ext. 316

### Upcoming Calendar Events

- EFAN Monthly Meeting— DECSA—May 03, 2016
- Frontline Monthly Meeting—May 10, 2016– [Click here for agenda](#)
- Coaching Families—Support Group—JAC—May 10, 2015
- McDaniel Youth—Boost —East Office— May 3rd, June 7
- McDaniel Youth—Gear Up—East Office—May 10/24, June 14/28
- McDaniel Youth—Momentum—East Office—May 17, June 21
- FASD Adult Support Group—Every 2nd and 4th Wednesday of the month call Paul Pringle @ 780-423-2285 ext. 316 for location

# EFAN

***Educating and supporting communities***

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