

# FASD: FACT SHEET

## WHAT IS FASD?

- Fetal Alcohol Spectrum Disorder (FASD) is a range of disabilities caused by drinking alcohol during pregnancy.

## WHO IS AT RISK?

- Any mother who drinks any amount of alcohol during pregnancy is at risk of having a child with FASD. There is no known safe limit of alcohol use during pregnancy. FASD is preventable.

## HOW MANY CHILDREN HAVE FASD?

- It is estimated that as many as 1 out of every 100 children born in Canada will have some form of FASD.

## HOW DO I KNOW IF MY CHILD HAS FASD?

- If the child was exposed to alcohol during the pregnancy, he/she may show signs of FASD.
- Consult your doctor for a proper diagnosis.

WHAT ARE THE SIGNS?	
DURING INFANCY:	<ul style="list-style-type: none"><li>• irritability, prolonged crying, difficult to soothe, problems with bonding, sleeping difficulties, feeding difficulties (poor suck), slow weight gain, easily startles, sensitivity to sights, sounds and touch, delays in development and growth</li></ul>
DURING PRESCHOOL:	<ul style="list-style-type: none"><li>• poor appetite, continued delays in development, prone to temper tantrums, easily distracted, hyperactive, does not respond well to change</li></ul>
DURING EARLY SCHOOL:	<ul style="list-style-type: none"><li>• poor sleep patterns continue, continued delays in development, difficulties with social skills (overly friendly and talkative), attention deficits (poor concentration), memory deficits</li></ul>

## WHAT CAN I DO??

- Call your physician.
- Or for more information call the PARENT TALK LINE at (905) 688-8248 or 1-888-505-6074 extension 7555
- Visit our website at: [www.regional.niagara.on.ca/parenting](http://www.regional.niagara.on.ca/parenting)

## WAYS TO HELP:

- Dark, quiet room for sleep.
- Do not over stimulate the child.
- Feed small amounts of food frequently.
- Avoid foods high in sugar, preservatives, and artificial colours/flavours.
- Avoid physical and emotional punishment.
- Encourage the child to "self-calm" by finding a calm activity that he/she enjoys.
- Safety-proof your home.
- Provide close supervision.
- Discuss schooling options with educators and doctors.
- Set routines and provide visual reminders.