



Reminders for parents/caregivers and people living with FASDs

It's in the brain, so don't take behaviour or words personally!

Can't not Won't – Unconditional Love – Every day is a new day

Work on changing the environment, **NOT** the person

It's all about relationships

Structure – Supervision – Support

Build on strengths, keep it simple

Do along side, rather than independence – and do that
often over their lifetime

Don't reason, because they can't

Develop and manage routines accross the whole day and night.

Every day and night

Give clear directions – one step at a time

Lifelong support will look different over time

Use visuals rather than verbals

When behaviours escalate,

increase supports, not consequences

Supervise well, but with their input as to how to set up
and enable lots of positive social interactions

Enable and reward success

Anticipate problems and reduce demands

Give lots of attention – not "He's attention seeking"

If they cannot do it, they cannot do it, move on to
something new, get someone else to do it for them

Don't beat yourself or them up – Some days are hard for
everybody and **some days are wonderful!!**

Stress makes life worse, theirs and yours

There are lots of different supports in the world, try them all
till you find what works for you and your family

