What is FASD?

Fetal Alcohol Spectrum Disorder is the range of disabilities caused by the use of alcohol during pregnancy.

- Drinking alcohol during any phase of pregnancy can cause life-long damage to the unborn baby.
- The most serious disability is brain damage. This may include problems with memory, learning and attention.
- If you are trying to get pregnant, don’t drink.
- If you know you are pregnant, stop drinking.

Supports

Motherisk 1-877-327-4636
Alcohol and Substance (at the Hospital for Sick Children www.motherisk.org)

Surrey Place 416-925-5141
(FASD Adult diagnostic Clinic www.sureyplace.on.ca)

If you have a case worker with CCAS, ask the worker about the CCAS FASD specialists and how they can assist you.
Parenting a Child with FASD

Children with FASD learn differently to other children.

Did you know that a child with FASD may have a chronological age of 14, but developmentally the child may be closer to an 8-year-old? For example, this might mean that your teenage child with FASD still enjoys playing with toys suitable for a younger child. You may have to alter leisure activities to take your child’s developmental level into account.

Keep trying different strategies until you find the ones that work for you and your child. Once you find the best fit - stick to it.

Below are some suggestions that may help:

- Create structure, routine and consistency.
- Focus on positive decisions they make.
- Set realistic expectations, do not ask too much of them.
- Get support for yourself.

www.torontooccas.org