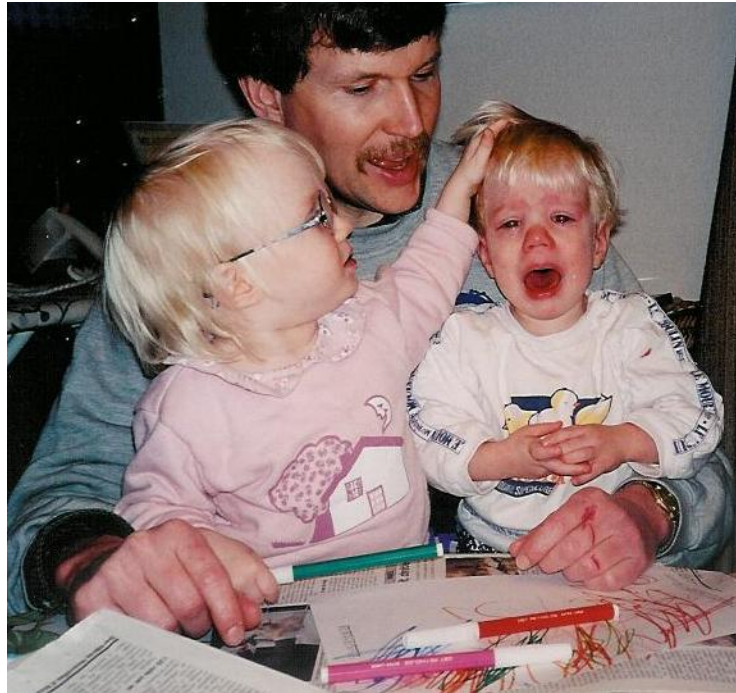


Personal experience as the adoptive mother of three children with FASD

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We did not get help we needed

- No information before the adoption.
- No doctors or psychologists recognized that my children had FASD.
- No professionals could give me advice on raising the children.

What helped

- My husband
- Friends who stuck by us
- E-mail contact with other parents of children with FASD

Not won't but can't

24/7

Structure, structure, structure

Stealing

- Doesn't think about consequences.
- No understanding of "mine" and "yours"
- "I need it. You don't need it."
- No feeling of guilt or shame.

Telling lies?

- Don't think about consequences.
- Because they do not remember.
- Because it is too difficult to put the right answer into words.
- Because they want to say something interesting.
- To manipulate (“real” lying).

Punishment?

- May not understand why he/she is punished.
- May not remember what he/she did.
- Will not understand why Mama is angry.
- Does not learn from experience.

Prevention is better!

24/7 control and supervision

Inappropriate sexual behavior

- Do not leave children alone together in bath.
- Do not allow post-pubertal children to play unsupervised with younger children.
- Learn clear rules
- Shake hands when meeting a stranger.
- Say “Hi” to your friends.
- Kiss Aunt Mary on the cheek.
- Explain sexual contacts clearly: when you are grown up and have a boyfriend/girlfriend, then you can if he/she likes it.

Nutrition for FASD

- Healthy diet
- Fresh fruits and vegetables
- Reduce sugar
- Eliminate food colorings and preservatives
- Check for food intolerances (gluten, soy, milk)
- Check for salicylate intolerance (Feingold diet)

Good for the whole family!!

Many parents find that various medical and “alternative” therapies are helpful:

Medication

Acupuncture

Sensory integration

Homeopathy

etc.

