

Foetal Alcohol Spectrum Disorder



Foetal Alcohol Spectrum Disorder is a neurodevelopmental condition with lifelong cognitive, emotional and behavioural challenges. This condition is linked to alcohol consumption during pregnancy.

This can occur because alcohol in the mother's blood passes to her baby through the placenta. A baby is not able to process alcohol and it can therefore damage cells in their brain, spinal cord and other parts of their body. Additionally it disrupts their development in the womb. This can result in the loss of the pregnancy. Babies that survive may be left with lifelong

Did you know?



Did you know? 54-80% of children with FASD have Sensory Integration Dysfunction'

POSSIBLE SYMPTOMS:

Head size smaller than average

Usually smaller than average at birth, growing slowly as they get older, and then shorter than average as an adult

Complications with the liver, kidneys, heart, hearing and vision

Difficulties with movement and balance

Learning difficulties – with speech, social skills, time keeping, thinking, maths or memory

Difficulties with attention, concentration or hyperactivity

Distinctive facial features – such as small eyes, a thin upper lip, and a smooth area between the nose and upper lip (these may become less noticeable with age)

HOW TO HELP:

The draft NICE Quality Standard on FASD emphasises the importance that every person with FASD has a continuing management plan

Provide lots of structure, routine and consistency throughout the day. Use lots of visual aids to support them and reduce the amount of language.

Use your child's strengths to manage difficult situations.

When the child is experiencing meltdowns, do not try to reason with them. Always regulate

Remember to support them using their developmental age not their actual age.

It is important to note that traditional parenting methods such as time out, consequences, grounding and reward systems for example do not work with these children due to their brain differences.

Timers can be useful for some children when having to transition from one activity or environment to another.

Adapt family routines and the environment to accommodate the child's needs.

Sensory integration assessment can be useful to understand environmental modifications, equipment and strategies that may be helpful in the home and school.

