



**Welcome to
Gumtree
Services
We hope you
enjoy the
coffee & donuts.**

**9 September is
International
FAS-Day!**

What is FAS – Day?

- ▶ FAS–Day is an international day set aside to create public awareness for Foetal Alcohol Syndrome.
- ▶ FAS–Day is 9 September. The 9/9 was chosen to remind all of us that women should remain alcohol free for all for all 9 months of pregnancy.
- ▶ The first FAS–Day was celebrated on the 9/9/1999 at 9.09 am for a moment of silence or what is now known as a “Pregnant Pause”

(Activity: Pause for a Cause)

So What Is FASD?



Foetal Alcohol Spectrum Disorder

FASD is a term that describes a ‘spectrum’ or a range of physical, mental, behavioural and learning disabilities that are a direct result of alcohol use during pregnancy.

FASD is not a diagnosis; it is a name for a range of diagnosis that come under this umbrella term which are;

- FAS = Foetal Alcohol Syndrome
- pFAS = partial Foetal Alcohol Syndrome
- ARND = Alcohol Related Neurodevelopmental Defects
- ARBD = Alcohol Related Birth Defects

Guilt & Shame!

Women who drank alcohol during pregnancy may feel a sense of guilt & shame.

Women who drank alcohol during pregnancy were either;

- ▶ un-informed
- ▶ mis-informed
- ▶ ill & informed

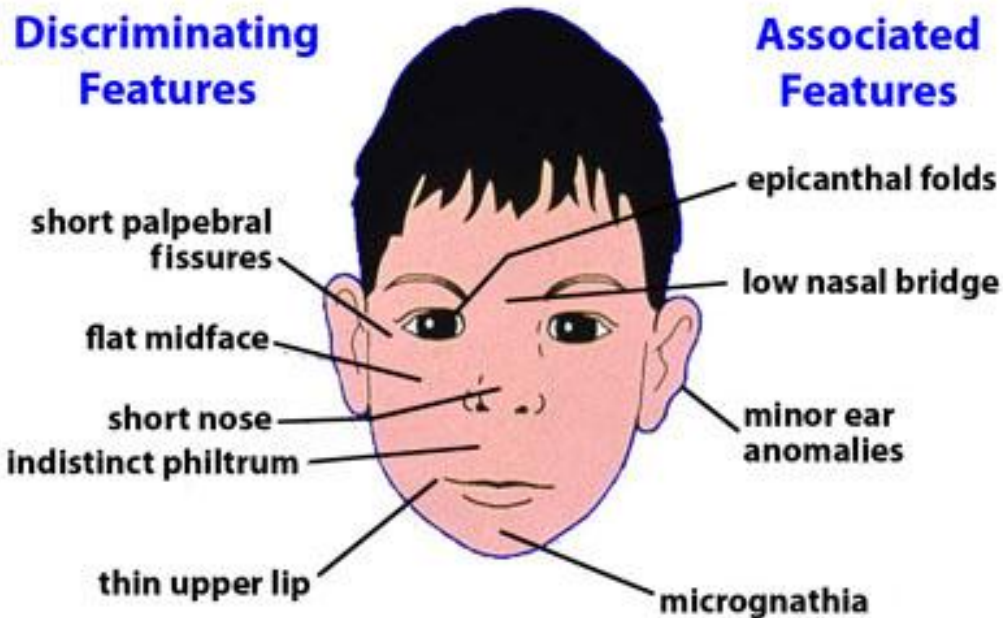
Women who drank during pregnancy and gave birth to children with FASD need LEGS to move forward; Listening to , Encouragement, Guidance & Support

(Activity: The Information Vacuum)



FASD; Physical Aspects

Faces in Fetal Alcohol Syndrome



In The Young Child

Streissguth, 1994

Note: Facial characteristics may more easily be recognized between the ages of two and ten, and may not be as apparent immediately after birth or during adolescence or adulthood.

Signs & Characteristics: The FASD – MESS!

Mental; Memory deficit, struggles with school or work, maths & time, unable to link consequences to action, attention deficit; IQ can be 70 – 130. Needs an external brain; a reminder

Emotional; emotional outburst; withdrawn or anger, tantrums. Low self esteem. Doesn't know how they feel.

Social; trusting strangers, unaware of social rules – personal space, undiscerning of public & private spaces, easily lead. Acts young for age. Isolated.

Skills; impairment in gross & fine motor skills, master a skill one day unable the next day, delayed toilet training – bed wetting. Clumsiness & poor balance.

(Activity: What's in the envelope?)

- The FASD Ice Burg 90% of FASD Children;
- Have no physical features of the syndrome
 - Have IQ's in the normal range (70 - 130)

Invisible but Serious

Attention deficits

Memory deficits

Hyperactivity

Difficulty with abstract concepts

Poor problem solving skills

Difficulty learning from consequences

Vulnerable and naive

Stunted social development

Immature behavior

Emotional outbursts

Poor impulse control

Poor judgment

Preventable Secondary FASD Issues

- ▶ Disrupted School Experience* (60%)
- ▶ Mental Health Issues* (90%)
- ▶ Trouble with the law* (60%)
- ▶ Alcohol & drug problems* (30%– 40%)
- ▶ Inappropriate Sexual Behaviour* (40% - 50%)
- ▶ Unemployment & homelessness
- ▶ Vulnerability to physical, sexual, financial, social, and emotional abuse
- ▶ Isolation & loneliness
- ▶ Unsafe partnering and volatile relationships



Many mothers who have children with FASD have also been effected prenatally by alcohol so they have great difficulty parenting their children. NOT because they choose to be poor parents but rather they don't know how to be effective parents

(Fetal Alcohol Spectrum Disorder (FASD) The Preventable Disability: nofasard; www.nofasard.org)

ADD/ADHD vs FASD

Can you tell the difference?

ADD/ADHD	FASD
Have trouble focussing & sustaining focus	Can focus & sustain focus
When focused, student can learn & problem solve, etc	When focused, has trouble problem solving & using newly learned info
Student can shift focus when necessary	Has difficulty shifting focus
May act impulsively without forethought	May act impulsively
When things go wrong student is able to:	When things go wrong student is unable to (or slow) to:
•Process	•Process
•Understand what happened	•Solve the problem
•Problem solve	•Take responsibility

Adapted from FAS Times, Summer 1997: Fetal Alcohol Exposure & Attention: Moving Beyond ADHD

FASD is Permanent!

FASD is a lifetime disability

Early diagnosis is essential for both child and the family for

- ▶ Early Intervention & prevention of secondary issues.
- ▶ Appropriate treatment & support.
- ▶ Reason for the child's behaviour; not a label.
- ▶ Lets others understand the child's behaviour eg. teachers.

FASD is not curable (No solution just strategies)

Effective support includes

- ▶ Special education and vocational programs, tutors,
- ▶ Structured environments and life long care.

With support persons affected by FASD can achieve at school and find employment in the open market place!

(Fetal Alcohol Spectrum Disorder (FASD) The Preventable Disability: nofasard; www.nofasard.org)

FASD is Prominent!

- ▶ FASD is the leading known cause of mental retardation in the Western World and is a major public health issue.
- ▶ Streissguth (1997) study found nearly one per hundred babies grew up to have either FAS or alcohol-related neuro-developmental disorders (ARND)
- ▶ Only about 10% of children with FASD receive a diagnosis of FAS

FASD is Pervasive!



“FASD pervades many places, many races, many faces! FASD does not respect culture, class or race;

FASD is not just a concern for indigenous communities;
Where ever alcohol is consumed, FASD has the potential to raise it’s face!

Australian Research shows that:

50% of childbearing women drink. *

30% participate in risky drinking.*

50% of pregnancies are unplanned;*

20 % went to doctors for support, 15% turned to family, 12% phone counsellors.*

With all pregnancies there is a man involved. Lets face it! FASD is a concern for all Australians!”

– Ps Warren Wazza Harvey

FASD is 100% Preventable!

1. Public Awareness
2. Potentially Pregnant Women
3. Pregnant Women
4. Professionals
5. Postnatal Care

“No alcohol is safe during pregnancy”

Biblical Wisdom – Today’s Health Message



- ▶ “Behold, you shall conceive and give birth to a son (Samson), and now you shall not drink wine or strong drink nor eat any unclean thing, for the baby shall be a Nazirite to God from the womb” Judges 13:7
- ▶ What the mother drinks – the baby drinks!
- ▶ If you are pregnant or plan to conceive; be alcohol free.
- ▶ Stay alcohol free for all 9 months of pregnancy!



Biblical Wisdom – Today’s Health Message



- ▶ “The Angel of the Lord said to Manoah (the husband) ‘Let the women pay attention to all that I said. She shall not eat anything that comes from the vine nor drink wine or strong drink, nor any unclean thing let her observe all that I commanded” Judges 13:13 – 14
- ▶ ‘FAS pregnant women do not drink alone’
- ▶ ‘Support your spouse; not one ounce’



FASD is MEN's business too!

- ▶ **Mutual Support;** encourage her 'not to drink a single drop' when trying to conceive & during all 9 months of pregnancy.
- ▶ **Educate yourself;** about FASD & the lifetime effects of drinking alcohol during pregnancy.
- ▶ **Notify your family & friends;** about your decision & enlist their support, when announcing your pregnancy. Also, when you are invited to parties, dinner occasions and bbq's. Any where you think, your spouse might be offered a drink!

Donuts are a great FASday treat

They remind us that.....



- ▶ FAS kids look like every other kid but some thing is missing!
- ▶ Their brain is damaged. FAS has been called the invisible disability.
- ▶ But who focuses on what's missing when you eat a donut, so neither must we when speaking about kids with FASD.

Looking at the sweeter side of FASD

Common strengths of FASD kids

- ▶ Highly verbal
- ▶ Bright in areas
- ▶ Artistic, musical, mechanical
- ▶ Athletic
- ▶ Friendly, out going, affectionate
- ▶ Determined, persistent
- ▶ Willing
- ▶ Helpful,
- ▶ Generous

As a parent if you focus on what's missing you may miss the joy of raising a child with FASD!



Where to from here!

- ▶ A FASD parent support group is starting where parents will be; listened to, encouraged, guided and supported giving parents, the LEGS to move forward.
- ▶ Do what you can to promote FASD awareness in your field of influence.
- ▶ Mark FASday in your diary and plan to host a FAStastic Event at your work place next year.