

## Recognizing

### Fetal Alcohol Spectrum Disorders



**Do you work with children or teens who have behavioral concerns?**

**Are common strategies and classroom supports not working?**

#### **FASD may be the reason.**

FASD may affect neurocognitive, adaptive, and behavioral functioning. It is an underdiagnosed disorder with a range of symptoms that may present like ADHD, ID, LD, CD, ODD and/or other common behavioral disorders. However, the usual strategies to manage those disorders are not effective with FASD.

**The CDC reports as many as**

**1 in 20 children**

**in the US may have FASD.**

# FASD indicators may include:

## General

- Suspected or documented prenatal alcohol exposure

## Executive Functioning Difficulties

- Problem solving skills
- Planning and organization
- Learning from mistakes
- Difficulty with transitions
- Self regulation difficulties
- Temper tantrums, anger, rigidity
- Hyperactivity
- Impulsivity
- Emotional reactivity

## Memory and Learning Difficulties

- Working memory issues
- Difficulty learning and remembering new information

## Physical

- Impaired growth/failure to thrive
  - Height and/or weight less than the 10th percentile
  - Head circumference less than the 10th percentile
- Facial abnormalities (fewer than 3% have the following)
  - Thin upper lip
  - Flattened philtrum
  - Small eyes

## Adaptive Functioning Deficits

- Difficulties with comprehension and abstraction
- Difficulties understanding social cues/ body language
- Excessive friendliness with strangers/ social immaturity
- Struggles with daily living skills (telling time, managing money)
- Safety issues/need for close supervision and monitoring



## Resources

[mha.ohio.gov/fasd](http://mha.ohio.gov/fasd)  
[odh.ohio.gov/fasd](http://odh.ohio.gov/fasd)  
[bit.ly/3YNGFq1](http://bit.ly/3YNGFq1)

