

# FETAL ALCOHOL SPECTRUM DISORDERS

We see FASD, offering Help, Hope, and TLC

## What is FASD?

Fetal Alcohol Spectrum Disorders (FASD) is an umbrella term describing the wide range of physical and developmental differences resulting from alcohol exposure before birth.

FASD is a common and often an “invisible” disorder or disability.

It's both rare, and everywhere.



1 in 20

The CDC reports as many as 1 in 20 children may have FASD, making it likely that one child per classroom has FASD.

It is a significant public health concern that impacts people across all communities regardless of race, culture or socioeconomic status.



[Scan or Click here to learn more!](#)



## Why Red Shoes?

Red shoes starts the conversation about FASD in a fun and loving way.

It allows for recognition and unity in an *invisible* disability.

Red shoes create a statement of support for caregivers and professionals.

## What You May See with FASD

**Executive Functioning Difficulties:** problem solving, planning, organizing, learning from mistakes, tantrums, hyperactivity, impulsivity, and emotional reactivity.

**Real-World Skills Challenges:** understanding social cues, telling time, understanding money, being too friendly with strangers, and making safe decisions without supervision.

**Memory and Learning Struggles:** handling more than one instruction at a time, remembering new information, recalling details and staying on top of conversations.

**Physical:** impaired growth in height and weight that could lead to failure to thrive, smaller head circumference and facial abnormalities.

# FETAL ALCOHOL SPECTRUM DISORDERS

We see FASD, offering Help, Hope, and TLC

## Why C.A.R.E.

FASD will continue to be a challenge for all of us until **C.A.R.E.** takes place at the community level.

- C**ompassion and understanding rather than blame.
- A**cceptance that everyone deserves to know there is a place for them in our society.
- R**ecognition. FASD is under recognized.
- E**mbrace that the world is much better because we are all apart of it.



## FASD Needs

Individuals with FASD benefit when we show patience, give simple directions, demonstrate tasks, provide repetition, allow extra time to think and respond, and celebrate their strengths.



## *Just like with Autism Spectrum Disorders (ASD)*

*“When you know one child with FASD, you only know ONE child with FASD.”*

## Prevention

If you become pregnant, stop drinking alcohol. Every day matters. The sooner you stop drinking, the better for your baby.

If you need help stopping, talk to your doctor, contact an addiction specialist or contact Alcoholics Anonymous.

Support starts with solidarity. Dads-to-be: Choosing not to drink during pregnancy shows that you are all-in.

## Fact

Exposure to alcohol is unsafe for babies at every stage of pregnancy. Education on this risk is everyone's responsibility (a healthy community to have healthy babies).

*It's both rare, and everywhere.*



[Scan or Click here to learn more!](#)

*FASD is 100% preventable if a developing baby is not exposed to alcohol before birth.*

Of all substances of abuse, including heroin, cocaine and marijuana, alcohol produces by far the most serious effects on the brain of the fetus.