

Living with FASD South West

We are a group of carers/adoptive parents who have evidence that alcohol was consumed during the pregnancy of our children and are living with the impact of Foetal Alcohol Syndrome / Spectrum Disorder, often shown as some or all of the following challenges or symptoms:

- **Difficulty controlling impulses**
- **Easily overwhelmed**
- **Difficulty staying regulated, often leading to meltdowns and tantrums**
- **Challenges with controlling aggression**
- **Sensory challenges including noise/hearing, touch, vision, movement and balance, challenges around taste and smell**
- **Challenges with social skills, can be over familiar, forceful and unaware of the personal space of others, insensitive to others, extremely sensitive to others approaching you/them**
- **Challenges with safety awareness**
- **Difficulty with abstract concepts particularly in maths**
- **Hyperactivity**
- **Sleep deprivation/night traumas**
- **Working memory challenges, find it difficult to keep hold of what learnt, often repeat mistakes**
- **Obsessive tendencies**
- **Challenges with transition including from home to car, car to school and/or change**
- **Present as mature including verbal communication, especially in school/outside of the home, masking developmental delay or less understanding than initially evident**
- **Other cognitive, behavioural and executive function challenges**

If this sounds like your life, we may have information that could support you. You may find it helpful to off load with others who get it, maybe even meet up with those of us in a similar situation. Maybe you have or are looking to gain diagnosis of a Foetal Alcohol related condition and the professionals around you do not know much about this and do not know how to help you.

Contact us by email on livingwithfasdsw@hotmail.com, by private message to our facebook page www.facebook.com/livingwithfasdsw or by leaving a message on mobile: **07437713771**.

A small group of us have started to meet for coffee and a catch up at the Boston Tea Party, Barnstaple. We are there next on **Wednesday 11th July 2018** at 1030 hours. You are very welcome to join us! Find future dates posted on our website www.livingwithfasdsw.co.uk.