

# I AM A



THE CHALLENGES	THE SUPPORT I NEED	MY CAREGIVING JOB
<p><b>From Age 0-2:</b></p> <ul style="list-style-type: none"> <li>• Sensory integration issues including aversion to touch, light and sound are common.</li> <li>• Failure to thrive due to feeding difficulties</li> <li>• Significant difficulties in emotional regulation</li> <li>• Sleeping patterns may be disrupted</li> <li>• Major developmental milestones are missed.</li> </ul>	<p><b>RESPITE</b> I need access to respite so I can restore my own emotional reserves.</p> <p><b>EARLY INTERVENTION</b> I need access to early intervention to help me maximize my child's skill development</p>	<p>Foster healthy attachment through responsive caregiving</p> <p>Learn my child's likes and dislikes</p> <p>Provide a controlled and stable environment for my child</p> <p>Seek early intervention and occupational therapy programs</p>
<p><b>From Age 2-5:</b></p> <ul style="list-style-type: none"> <li>• Problems learning and understanding language</li> <li>• Children are easily overstimulated</li> <li>• Struggles with transitions and activity changes</li> <li>• Hyperactivity</li> <li>• Oppositional behaviours</li> <li>• Difficulties in learning through consequences</li> </ul>	<p><b>SPECIALISTS</b> I need access to specialists that can help with developmental delays</p> <p><b>DISABILITY FUNDING</b> I need access to additional funding to support my child's life-long needs</p>	<p>Establish regular routines with extra attention to activity transitions</p> <p>Provide extra opportunities for language learning</p> <p>Learn the early signs of overstimulation and behaviour issues</p> <p>Exercise patience and consistency</p>
<p><b>From Age 5-10:</b></p> <ul style="list-style-type: none"> <li>• Struggles in school due to inattention, hyperactivity, language difficulties and oppositional behaviours</li> <li>• Difficulties in planning and following routines</li> <li>• Major sleep problems</li> <li>• Inappropriate sexual behaviours</li> <li>• Sensory issues and environmental sensitivities</li> </ul>	<p><b>EDUCATIONAL SUPPORT</b> I need a school with funding to provide my child with individualized educational support</p> <p><b>TRAINING</b> I need training on meeting challenges, caring for myself and helping my child succeed</p>	<p>Develop a learning plan with my child's school and teacher</p> <p>Provide a consistent, predictable routine</p> <p>Modify my child's environment to reduce sensory stresses</p> <p>Address challenging behaviours immediately as they develop</p>
<p><b>From Age 10-15:</b></p> <ul style="list-style-type: none"> <li>• Children with FASD are easily influenced by peers</li> <li>• Behaviour issues escalate and may include theft, lying and physical violence</li> <li>• Struggles with abstract concepts like money and time</li> <li>• Lack of empathy and significant social difficulties</li> <li>• Underdeveloped emotion regulation skills</li> </ul>	<p><b>BEHAVIOURAL SUPPORT</b> I need access to specialists that can advise me on dealing with difficult behaviours</p> <p><b>COMMUNITY PROGRAMS</b> I need community programs that give my child a chance to be social and successful</p>	<p>Monitor behaviour and friends closely</p> <p>Seek professional help for major behaviour issues</p> <p>Create a plan with my child to address emotional episodes</p> <p>Teach my child about social situations with many cues and reminders</p>
<p><b>From Age 15-20:</b></p> <ul style="list-style-type: none"> <li>• Sexual health, drugs and alcohol use are risk areas</li> <li>• Continued struggles with impulse control, planning and understanding abstract concepts (math etc.)</li> <li>• Oppositional behaviours and possible violence</li> <li>• Depression and other disorders may appear</li> <li>• Reach legal adulthood - developmentally immature</li> </ul>	<p><b>MEDICAL PROFESSIONALS</b> I need medical professionals that understand the challenges of FASD</p> <p><b>INFORMATION AND PLANNING</b> I need information on what options exist for my child in adulthood</p>	<p>Proactively talk about major issues like sex, drugs and alcohol use</p> <p>Get help immediately for extreme behaviours or psychological symptoms</p> <p>Plan for my child's adulthood, including trusteeship &amp; guardianship</p> <p>Talk about my child's goals and dreams</p>
<p><b>Adulthood and Beyond:</b></p> <ul style="list-style-type: none"> <li>• Adults often appear more competent than they are</li> <li>• Difficulty holding employment</li> <li>• Involvement with the legal system</li> <li>• Unintended pregnancy and parenthood</li> <li>• Continued risky/impulsive behaviours</li> <li>• Addictions</li> </ul>	<p><b>LEGAL HELP</b> I need access to legal advice related to lifespan planning and any legal system problems</p> <p><b>FINANCIAL RESOURCES</b> I need to know that the person I have cared for will have ongoing financial support</p>	<p>Continue to provide support with daily living activities</p> <p>Ensure a safe and supportive living environment</p> <p>Help others understand that while the person I care for may look mature, they have a life-long disability and face many challenges</p>

MY JOB IS NOT EASY. MY CHILD WILL FACE CHALLENGES. BUT WITH SUPPORT...

**WE CAN SUCCEED!**