

FASD:

A NOTE TO OUR FRIENDS & FAMILY



We want you in our lives.

Please know that I am parenting my child the way their brain needs. What looks unusual from the outside may be exactly what helps them feel safe, stay regulated, and participate.



WHAT YOU MAY SEE

- Forgetting • refusing • becoming overwhelmed • needing to leave • acting younger



WHAT MAY BE HAPPENING

Their brain may be struggling with memory, sensory overload, transitions, communication, or expectations that are too much in that moment.



WHAT HELPS

- Fewer words • fewer demands • more time • calm reminders • flexibility • a quiet place • support without judgment



FASD is a lifelong brain-based disability. Abilities can be uneven and inconsistent, especially when a person is tired, anxious, overstimulated, or outside their usual routine.

WE WANT TO REMAIN CONNECTED TO YOU.

But sometimes we need your understanding, flexibility, and help to make that possible.

Please ask us what helps—and consider learning more about FASD.

