

Services Available

Information Clearinghouse
Diagnostic & Support Services
for Children
Diagnostic Services for Adults
First Steps Program
Training and Education

NEWLY ELECTED BOARD OF DIRECTORS

- ◆ Sue Lysachok
- ◆ Lorraine Deschampbeau
- ◆ Ed Rondeau
- ◆ Viki Jacob
- ◆ Lillian Turzanski
- ◆ Pauline Compeau
- ◆ Trina White
- ◆ Deb McRury

CENTRE STAFF

AUDREY MCFARLANE - Regional Program Manager
KIM MCKINNON - Administrative Assistant
NANCY SCHNEIDER - Adult Service Coordinator
JOANNE RING - Family Support Consultant
GINA OLOFSON - First Steps Program
LORNE KABAN - Education Coordinator / Trainer

We're on the Web
www.lakelandfas.com
Or
Email: pwfascen@telusplanet.net

Diagnostic Updates

Children's Diagnostic Team

By the end of February 2003, 72 children have been seen by the Children's FASD Diagnostic Teams.
1 - FAS without confirmed alcohol consumption
11 - Partial FAS
42 - Alcohol Related Neurodevelopmental Disorder
11 - Unable to make a clear diagnosis

7 - Alcohol Related Neuro-behavioral Disorder

Adult Diagnostic Team

By the end of January 2003, 8 adults have been seen by the Adult Diagnostic



Upcoming Events

Team:

7 - Alcohol Related Neuro-developmental Disorder

1 - Partial FAS

Parent's Night

Lakeland Centre for Fetal Alcohol Syndrome



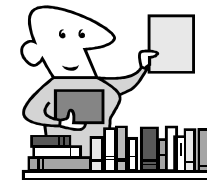
Special Parents Edi-

We are located:

Box 479
4807-51 Street
Cold Lake, AB
T9M 1P1

Phone: 780-594-9905
Fax: 780-594-9907
Toll Free: 1-877-594-5454

Feel Free to come in and browse our wide selection of resources including: CD's, video's, cassettes and much more on Fetal Alcohol Spectrum Disorder.



Our Vision

We envision a region with no new FASD births + where currently affected individuals are well supported

Mission Statement

To establish + ensure that information about FASD,

Discipline Techniques that have Worked for FASD families

Learning to live by society's rules, laws and expectations and abide by them is a lifetime process for people affected by prenatal alcohol exposure. Teaching and discipline must start early in childhood and continue throughout adulthood. The process and need for structure never ends.

Individuals with FASD have trouble internalizing morals, ethics and values like others and often don't understand why they need to change their behavior to meet society's needs. Some individuals with FASD are unable to learn from their past experiences and so they repeat the same mistakes over and over and over again.

Effective discipline may help break this pattern. Here are some ideas that have helped other families.

- **The Rules are the SAME** for everyone. Consequences can be adapted but the rules are the

rules.

- **Prioritize your Battles** - ignoring behavior can be effective as long as it is not injurious or damaging.
- **Constantly review and repeat** consequences for certain behavior.
- **Discipline immediately**, not delayed.
- **Follow through** with what you say. Don't let sympathy interfere with discipline.
- **Be consistent**
- **Model** appropriate behavior
- Use **pre-arranged gesture** - touch, hand signal, cue which tells the individual they need to change their behavior.
- Negative behavior **may be a symptom** of an unmet need.
- **Be firm yet kind/fair** - say it and mean it.
- **Withdrawal of privileges** may work on occasion.
- **Clearly state expectations** before situations.



Fact: Society has rules and structure

Fact: People with FASD have trouble learning and following those rules

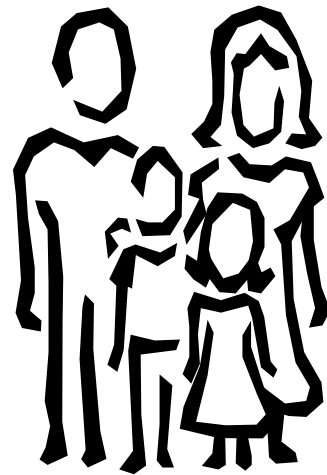
- **Anticipate** dangerous situations and recognize early signs of trouble so you can plan ahead.
- **Avoid problem situations.**
- **Monitor friends, activities and free time.**
- Don't use **chronological ages** as measurements of maturity.
- **Protect** for as long as possible.

Helpful Websites

Alberta Association for
Community Living:
www.aacl.org

F A S Link :
www.acbr.com/fas/faslink

Alberta Alcohol and
Drug Abuse Commis-
sion: www.aadac.com



Frequently Asked Questions by Parents

By Joanne Ring

Are there support groups available to families?

There are many support groups available for families with children who have special needs. These may also be a great resource for families with children diagnosed with FASD. Families who wish to have information specific to FASD may go on line to FAS Link and access the support network available on line. The Lakeland Centre for FAS is at this time building a network of families who have been to our

centre and may offer support to each other.

Will my child have more support at school now that they are diagnosed?

Not every child who is diagnosed with FASD will require extra help at school. The child's functional abilities will determine if they will require a classroom aide. Some children with FASD are successful with simple changes in the classroom and understanding of the disability from the school staff. Alberta Learn-

ing does recognize FASD as a disability funding category.

What can we expect as our child grows up?

All children with FASD as they grow up will face many challenges and have many successes. These will all depend on the supports in place. As communities and families learn about FASD they are better able to support a child. The book "Fantastic Anton Grows Up" shows the many success stories of children with FASD.

The 10 Commandments for Stress Reduction

1. Thou shalt not be perfect, or even try to be.
2. Thou shalt not try to be all things to all people.
3. Thou shalt sometimes leave things undone.
4. Thou shalt not spread thyself too thin.
5. Thou shalt learn to say "no".
6. Thou shalt schedule time for thyself and for thy support network.
7. Thou shalt switch thyself off, and do nothing regularly.
8. Thou shalt not even feel guilty for doing nothing, or saying no.
9. Thou shalt be boring, untidy, inelegant, and unattractive at times.
10. Especially, thou shalt not be thine own worst enemy. But, be thine own best friend.

Hats off to:

Special Thank-You to:

Steve Hill who has designed and maintained our website for many years without payment

and we are extremely thankful for his skills and generous donation.

School Accolades

Cold Lake Off-Campus School

Keep up the excellent work!

"be thine own best friend"



Fishing Lake Review

By Lorne Kaban

J. F. Dion School on Fishing Lake Metis Settlement has affirmed it's commitment to providing the highest quality education to their students. They eagerly participated in a Program funded by the Lakeland (Bonnyville/Cold Lake) Student Health Initiative Program that provided an on-site consultant from the Lakeland Centre for Fetal Alcohol Syndrome. The staff and administration were open

to the observations and recommendations that they were provided by the consultant. While many of the staff had some awareness of the dynamics of Fetal Alcohol Spectrum Disorder (FASD), the Program provided them with more information on the behaviours and challenges that these students may exhibit in the classroom. In addition, they were given best practice strategies for supporting

these students to be more successful. Currently, they are reviewing how they can effectively support those children that they identify as being affected by FASD. The school personnel acknowledge that this is a challenge that all communities must deal with, and recognize that they have a role in developing community awareness in order to reduce the incidence of FASD in the future.



Parent to Parent Sample Family Rules and Structure

We will strive to find the "right" balance of freedom and discipline for each family member.

Each child is on a different time line for being able to do things and each child requires different disciplining.

As a Family we will:

- Keep our young people

safe.

- Focus on "positives" rather than "negatives".
- Respect individuality in each person.
- Allow more freedoms as responsibility, judgment, new skills and talents develop.
- Show we value each person's work and provide op-

portunity for learning.

- Not criticize a person's enthusiasm though we may need to redirect it.
- Help each other to deal with failure and bounce back without being devastated.
- Talk about each person's strengths and figure out ways to maximize them.
- Provide support systems.

"Friends come and go, but family is forever"

Additional Tips for Parents

Hug your kid (Firmly, of course) every day and tell him/her how precious they are!!

- * Concentrate on their strengths and talents



- * Accept child's limitations
- * Be consistent with everything (discipline, school, behavior)
- * Use concrete language and examples
- * Use visual aides, music and

hands-on experience to help with the learning process

- * Use positive reinforcement often (praise, incentives)
- * Be aware of their surroundings and who they are with (but not too overprotective)
- * REPEAT, REPEAT, REPEAT
- * Honor their feelings