

Self-Care for Caregivers: Caring for Connection

Parenting a child with Prenatal Alcohol Exposure is demanding.

Your regulation supports their regulation. Essential self-care isn't selfish—it's necessary.

1

BUILD YOUR SUPPORT SYSTEM

- Build trusted support networks.
- Connect with other caregivers in the FASD community.
- Educate family, friends, and professionals about FASD.
- Accept help when it's offered.
- Consider respite care options.
- Seek professional help when you need it.

2

MANAGE YOUR EXPECTATIONS

- Focus your energy on achievable progress and positive interactions.
- Prevent burnout by avoiding frustration caused by unrealistic or rigid expectations.
- Let go of strict timelines—your child's development follows their own path. Adapt expectations as they grow and change.
- Release comparisons to neurotypical peers.

3

TAKE BREAKS

- Make space to prioritize your physical and emotional health.
- Schedule self-care like a medical appointment.
- Identify what restores you—nature, reading, exercise, creative pursuits.
- Take breaks during difficult moments.
- Practice self-compassion when things don't go as planned.
- Use mindfulness and acceptance to stay present and regulate your emotions.

→ Remember these brain-based principles:

- It's not willful defiance—it's brain-based difference.
- Adjust environments and expectations to support the brain's unique processing.
- Structure, predictability, and consistency are essential therapeutic supports.
- Connection before correction: nurture safety, validate feelings, & build empowerment.
- What works today might not work tomorrow. Stay flexible, curious, and responsive.
- Q-TIP: Quit Taking It Personally

