

# September is FASD



## Awareness Month

Mark Your Calendar



### September 9th is International FASD Day!

Fetal Alcohol Spectrum Disorder (FASD) is the leading preventable cause of birth defects and developmental disabilities. Since 1999, this important day has been celebrated to raise awareness of FASD, focusing on prevention, diagnosis, and support for affected individuals. **Let's continue to work towards increased awareness throughout FASD Month and beyond, making a lasting difference together.**

### Here is what you will find in our 10th Edition ...

- A message from Darlene Carifelle, Metis Settlements Provincial Service Network Coordinator
- Red Shoes Rock
- 3 Key Tips for Supporting Kids with FASD in School
- What You Need To Know
- 5 Ways to Get Involved and Make A Difference
- Updates from NW Peace FASD Network
- CanFASD info for caregivers

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[www.metissettlementsfasd.ca](http://www.metissettlementsfasd.ca)

# Message from Darlene the Network Coordinator

Hello members!

As the new school year begins, it's a good time to reflect on kindness and the importance of supporting each other. Let's remember to reach out for help if things start to feel overwhelming and to extend compassion to those around us.

For caregivers, your role is so vital. By creating a nurturing environment at home, you help our children grow with empathy and resilience. Don't forget to take care of yourselves, too—your well-being is just as important as the care you provide to others.

As our kids head back to school, let's teach them to embrace and celebrate differences. No one should feel excluded or ridiculed for being unique or having different circumstances. Encouraging understanding and kindness will make a world of difference.

**A quick reminder: September 9, 2023, is FASD Awareness Day. Check in with your communities for any events or awareness sessions that might be happening.**

As we move through this school year, remember: "In a world where you can be anything, be kind."

Wishing you all health and happiness. I hope you find this edition of the Metis Settlements FASD Network newsletter both informative and uplifting.

With Respect,

**Darlene Carifelle**

*Metis Settlements Provincial  
Service Network Coordinator  
dcarifelle@msgc.ca*



GET ADDITIONAL RESOURCES & SUPPORT

 [www.metissettlementsfasd.ca](http://www.metissettlementsfasd.ca)



## Red Shoes Rock

is an international awareness campaign giving voice and support to those affected by prenatal alcohol exposure.

**FASD Month is a special time to deepen our understanding of Fetal Alcohol Spectrum Disorder (FASD). This month-long observance isn't just about a single day; it's about spreading awareness and challenging misconceptions all September long.**

In 2020, Canada officially recognized September as FASD Awareness Month, opening up more chances to educate people and support those affected by FASD. During this month, we celebrate individuals with FASD, work to reduce stigma, and share accurate information about the disorder.

To mark the occasion, landmarks across Canada will light up in red—just like Edmonton's High Level Bridge and 44 other iconic sites. These red lights are a powerful visual reminder of our commitment to raising awareness.

Join the movement by snapping a photo of your red shoes and sharing it on social media. Let's come together to make a real difference and spread the word about FASD!

**Join us by wearing  
RED SHOES on September 9th  
Click here to get your  
FREE EVENT KIT**





# Red Shoes FASD Awareness Walk 2024 Edmonton



Monday, September 9

## Red Shoes FASD Awareness Walk 2024

Join us for a fun walk in red shoes to raise awareness about Fetal Alcohol Spectrum Disorder in 2024!

By **Bissell Centre** • 14 followers  
12 years on Eventbrite ✓ [Follow](#)

**Date and time**  
Monday, September 9 • 12:30 - 3pm MDT

**Location**  
Sir Winston Churchill Square  
Sir Winston Churchill Square Edmonton, AB T5J  
[Show map](#) ▾

**Agenda**

- 12:30 PM - 1:00 PM  
Registration
- 1:00 PM - 1:30 PM  
Opening Ceremony and Speakers
- 1:30 PM - 2:30 PM  
2km Red Shoes FASD Awareness Walk
- 12:30 PM - 3:00 PM  
Art Sale

**Lace up your  
Red Shoes  
and join the walk on  
Monday,  
September 9, 2024  
at Sir Winston  
Churchill Square,  
Edmonton.**



**MORE INFO**



# 3 Key Tips for Supporting Kids with FASD in School

1

**Help Establish a Consistent Routine:** Work with your child's school to create a stable daily schedule. Consistency can make a big difference for kids with FASD. Visual schedules and regular routines can help them feel more secure and better manage their day-to-day activities.

2

**Communicate and Collaborate with Educators:** Stay in touch with teachers and school staff to ensure they understand your child's needs. Share strategies that work at home and discuss how they can be implemented in the classroom. Being proactive can help create a supportive learning environment for your child.

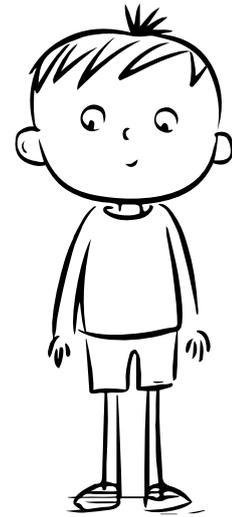
3

**Encourage and Celebrate Progress:** Focus on your child's achievements and strengths, no matter how small. Positive reinforcement can boost their confidence and motivation. Celebrate their successes and provide encouragement to help them stay engaged and positive about their learning journey.

*Collaboration, consistency, and encouragement are key to fostering their success and well-being in school.*  
***Together, we can make a positive impact on their educational journey.***



**WHAT DO  
YOU NEED  
TO KNOW!**



**Fetal Alcohol Spectrum Disorders (FASD) are caused by alcohol exposure during pregnancy and affect brain development.**

**This can lead to lifelong challenges with behavior, learning, and social skills. Symptoms can range from mild to severe, including learning difficulties, impulsivity, and social struggles.**

**Early diagnosis and tailored support are crucial for managing these challenges and improving quality of life. If you suspect a child might have FASD, seeking professional evaluation can provide valuable guidance and resources.**

**The best way to prevent FASD is to avoid alcohol during pregnancy. Understanding FASD and its prevention helps us ensure children have the best possible start in life.**

*There is ongoing research and advocacy for FASD in Canada, with organizations and researchers working to increase awareness, improve diagnosis and treatment, and reduce the stigma associated with the disorder.*

GET ADDITIONAL RESOURCES & SUPPORT

 [www.metissettlementsfasd.ca](http://www.metissettlementsfasd.ca)

# 5 Ways to Get Involved and Make a Difference for FASD Awareness!



**Be Informed:** Take the time to learn about FASD, its impacts, and how early diagnosis and support can make a difference.

**Be Supportive:** Show compassion and support for individuals and families affected by FASD, and advocate for their needs and rights.

**Be Engaged:** Participate in local events or campaigns to raise awareness and spread accurate information about FASD.

**Be Visible:** Join the visual movement by wearing red or sharing photos of red items on social media to highlight FASD Awareness Month.

**Be an Advocate:** Challenge misconceptions and educate others about FASD to help reduce stigma and promote understanding in your community.



Northwest Peace FASD

- Northwest FASD Society (City of Grande Prairie)
- Peavine
- East Prairie
- Gift Lake

Find us on 

FASD Awareness Month is September. This year we are encouraging communities to reach out and meet our new Prevention Conversation Facilitator and consider booking some presentations.

**FASD Prevention Conversation Facilitator: Keara MacAloney**  
[preventionconversation.org](http://preventionconversation.org)



This unique initiative aims to increase FASD awareness and prevention in NW Alberta. Our new Prevention Facilitator educates frontline workers on various aspects of FASD and participates in the FASD Prevention Conversation. She engages women about alcohol use during pregnancy in a shame-free manner. Keara brings valuable knowledge and a fresh perspective to the NW Peace FASD Network's efforts in FASD awareness. She also offers presentations to schools in their health and CALM classes to discuss the risks of alcohol.

Contact Keara for small or large group learning sessions. Phone: 780-533-5462 or Email: [Keara@nwfasd.ca](mailto:Keara@nwfasd.ca)

**Grande Prairie FASD Awareness Event:**



Join us for...

# international FASD AWARENESS DAY

**September 9, 2024**  
**11am - 2pm**  
**at Muskoseepi Park**



**Join us as we walk  
together in support of  
individuals with FASD**

**DOOR PRIZES & GIVEAWAYS**

**FACE PAINTING**

**FREE BBQ LUNCH  
SPONSORED BY ROTARY  
CLUB OF GRANDE  
PRAIRIE!**



TRINITY BODY ART  
FACEPAINTING &  
MORE

For more information: [www.nwfasdnetwork.com](http://www.nwfasdnetwork.com)



Northwest Peace FASD

**East Prairie Metis Settlement:**



September is FASD month

On September 14 @ 1:00pm come out and join us for a walk from the FRN building to the firehall and back. 2:00pm Indian tacos & refreshments will be served.

Please contact Donna for more details. [donna@epms.ca](mailto:donna@epms.ca)

**Gift Lake Metis Settlement:**

Community Event including FASD Awareness

Walk & BBQ

Walk starts at the Gift Lake Hall and ends at the FRN Building

Sept 13, 2024

1:00pm

Please contact Marge for more details. [marge@giftlakemetis.ca](mailto:marge@giftlakemetis.ca)



## **CanFASD developed a standard definition of Fetal Alcohol Spectrum Disorder (FASD)**

Fetal Alcohol Spectrum Disorder (FASD) is a diagnostic term used to describe impacts on the brain and body of individuals prenatally exposed to alcohol.

FASD is a lifelong disability. Individuals with FASD will experience some degree of challenges in their daily living, and need support with motor skills, physical health, learning, memory, attention, communication, emotional regulation, and social skills to reach their full potential.

***Each individual with FASD is unique and has areas of both strengths and challenges.***

This definition can help to:

- ✓ Reduce stigma
- ✓ Increase consistency in practice
- ✓ Improve knowledge and understanding of FASD
- ✓ Change the perspective of FASD to focus on strengths.

# I AM A CAREGIVER!



## FOR A PERSON WITH FASD

THE CHALLENGES	THE SUPPORT I NEED	MY CAREGIVING JOB
<p><b>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>RESPIRE</b></p> <p>I need access to respite services so I can restore my own emotional reserves.</p> <p><b>EARLY INTERVENTION</b></p> <p>I need access to early intervention to help me maximize my child's skill development.</p>	<ul style="list-style-type: none"> <li>• Foster healthy attachment through responsive caregiving</li> <li>• Learn my child's likes and dislikes</li> <li>• Provide a controlled and stable environment for my child</li> <li>• Seek early intervention and occupational therapy programs</li> </ul>
<p><b>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></p> <p>I need access to specialists that can help with developmental delays.</p> <p><b>DISABILITY FUNDING</b></p> <p>I need access to additional funding to support my child's life-long needs.</p>	<ul style="list-style-type: none"> <li>• Establish regular routines with extra attention to activity transitions</li> <li>• Provide extra opportunities for language learning</li> <li>• Learn the early signs of overstimulation and behaviour issues</li> <li>• Exercise patience and consistency</li> </ul>
<p><b>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>• Sensory issues and environmental sensitivities</li> </ul>	<p><b>EDUCATIONAL SUPPORT</b></p> <p>I need a school with funding to provide my child with individualized educational supports.</p> <p><b>TRAINING</b></p> <p>I need training on meeting challenges, caring for myself and helping my child succeed.</p>	<ul style="list-style-type: none"> <li>• Develop a learning plan with my child's school and teacher</li> <li>• Provide a consistent, predictable routine</li> <li>• Modify my child's environment to reduce sensory stresses</li> <li>• Address challenging behaviours immediately as they develop</li> </ul>
<p><b>Age 10-15:</b></p> <ul style="list-style-type: none"> <li>• Children with FASD are easily influenced by peers</li> <li>• Behaviour issues can escalate and may include theft, lying and 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></p> <p>I need access to specialists that can advise me on dealing with difficult behaviours.</p> <p><b>COMMUNITY PROGRAMS</b></p> <p>I need community programs that give my child a chance to be social and successful.</p>	<ul style="list-style-type: none"> <li>• Monitor behaviour and friends closely</li> <li>• Seek professional help for major behaviour issues</li> <li>• Create a plan with my child to address emotional episodes</li> <li>• Teach my child about social situations with many cues and reminders</li> </ul>
<p><b>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></p> <p>I need medical professionals that understand the challenges of FASD.</p> <p><b>INFORMATION AND PLANNING</b></p> <p>I need information on what options exist for my child in adulthood.</p>	<ul style="list-style-type: none"> <li>• Proactively talk about major issues like sex, drugs and alcohol use</li> <li>• Get help immediately for extreme behaviours or psychological symptoms</li> <li>• Plan for my child's adulthood, trusteeship &amp; guardianship</li> <li>• Talk about my child's goals and dreams</li> </ul>
<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></p> <p>I need access to legal advice related to lifespan planning and any legal system problems.</p> <p><b>FINANCIAL RESOURCES</b></p> <p>I need to know that the person I have cared for will have ongoing financial support.</p>	<ul style="list-style-type: none"> <li>• Continue to provide support with daily living activities</li> <li>• Ensure a safe and supportive living environment</li> <li>• Help others understand that while the person I care for may look mature, they have a life-long disability and face many challenges</li> </ul>

**MY JOB IS NOT EASY. MY CHILD WILL FACE CHALLENGES. BUT WITH SUPPORT... WE CAN THRIVE!**