

# FETAL ALCOHOL SPECTRUM DISORDER (FASD)

## **What It Is:**

A group of conditions that occur in a person whose mother consumed alcohol during pregnancy, leading to physical, behavioral, and learning challenges.

## **Impact:**

Children with FASD may experience difficulties with attention, memory, and learning. They may also have physical abnormalities and issues with social skills.

## **Support Strategies:**

- Use visual schedules and clear routines to help with understanding and following daily tasks.
- Provide consistent, structured environments and offer one-on-one support when necessary.
- Break tasks into small, manageable steps and use positive reinforcement to encourage desired behaviors



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