



# Parents/Carers Guide

## What's inside the Me and My FASD Club Pack

1. **Living FASD - Me & My FASD Club Magazine.** The magazine is designed for people with FASD as a fun way to explore strategies and learn more about living with FASD. There are also stickers to stick on pages in the magazine.
2. **Staying at home booklet.** This gives ideas on how to support children and young people who have to stay home.
3. **Sensory activities.** We've included postcards which explain each activity. Each card has a QR code which when scanned by a smart phone will link to videos of young people with FASD demonstrating the activities. If you have not got a device to read the QR code, there are links on the Club tab on [www.FASD.me](http://www.FASD.me). In accepting this pack, you assume responsibility for ensuring these items are used safely and for deciding if they are safe and appropriate for your child.

**Touch** – Stress brain, fidget spinner & bubble wrap.

**Smell** – Resources are provided to make a scent sachet.

**Taste** – Fun activities with straws.

**Sight** - Building a quiet den/calm space and lighting it with finger lights and glowsticks (please be aware that the glowsticks and finger lights have a limited life expectancy).

**Hearing** – I Get Through song. Ideas linked to the song developed using the ideas of more than 70 people with FASD.

**Movement** – Crossing the midline. A set of movements that are used by many people to get both sides of the brain working together.

4. **Calming Cards.** This pack was produced with the input of over 70 young people with FASD who told us what helps them. The postcard/video has ideas for using them.
5. **FASD Break it Down Board.** Suggested by Susan, a mum of a child with FASD, and based on a concept used by Nyrene, one of our Adults/Young Adults with FASD Committee members, this was produced in collaboration with OurBoards ([www.ourboards.co.uk](http://www.ourboards.co.uk)) as a tool to help visualise pathways through challenges and successes.



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Foundation

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6. **Bubble wrap.** There is a sheet of bubble wrap and in part of one of the videos we talk about how you might use the bubble wrap. Scientifically the jury is out on whether it calms the brain, but it's fun.

Replacement or additional materials can be bought in the Merch section of [www.fasd.me](http://www.fasd.me).

We would encourage the child or young person to share their activities, artwork and experiences with anyone who works closely with them. Consistency is really as important and therefore the more people working with the young person who are aware of what they do to de-stress the better. **We would love to publish the most interesting bits of art, comments and photos to show what young people with FASD can do on the Me & My FASD website ([hello@fasd.me](mailto:hello@fasd.me)).** Building appropriate confidence and self-esteem is very important for the future of someone affected by FASD. This website, produced for people in the UK, is viewed around the world. While that is extremely exciting please be careful with the information and images that you choose to share with us.

### FASD UK Alliance

To find independent FASD support groups across the UK, see the FASD UK Alliance: [www.fasd-uk.net](http://www.fasd-uk.net)  
National FASD is proud to be a sister organisation in the FASD UK Alliance. #TogetherWeAreStronger.

### COVID information

*We all hope that we are coming towards the end of the lockdowns, but no one can guarantee this. There seems to be increasing evidence that the impact of the lockdown has affected everyone, but those with learning difficulties and additional needs have been disproportionately affected. Check out these resources:*

- **Oregon Behavior Consultation** - Information about COVID using The National Organisation for FASD resources included in this pack. <https://www.youtube.com/watch?v=k6xogN3gK2k&t=362s>
- **Mencap** – easy read information about the latest issues relating to coronavirus in England, including lockdown rules, shielding guidance and information about the vaccine. <https://www.mencap.org.uk/advice-and-support/coronavirus-covid-19>
- **Surrey CAMHs** information on returning to school following the COVID lockdown: <https://www.youtube.com/watch?v=G4-Z1w2Agok&feature=youtu.be>
- **Surrey CAMHs** information for childhood anxiety relating to COVID: <https://www.youtube.com/watch?v=UbGjhVy8pfw&feature=youtu.be>
- **Contact** also offer a wide range of online virtual workshops that look at all aspects of family life with a disabled child including finances, behaviour, sleep and family wellbeing: <https://contact.org.uk/help-for-families/family-workshops-events/>



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