



*You have been given
this postcard because
someone that you work
with has Fetal Alcohol
Spectrum Disorder*

Having fun & **FASD**

INFORMATION FOR CLUBS AND COACHES



FASD isn't as unusual as we once thought.

Research shows it affects 2-4% of the population.

FASD is caused in the womb by prenatal alcohol exposure. The damage happens before birth but can have lifelong impact.

People with FASD need to be included in activities in the community. They need understanding and support to do this.

People with FASD have many strengths, they can be creative and good at hands-on activities.

Many will struggle with memory and building social relationships. This can limit their ability to join in.

They need your help to be successful.

Many live in the moment and this makes them interesting to supervise. They often need help socialising and building friendships.

Think about how you can breakdown things you do into smaller chunks so that they can achieve.

How can you help them to make and keep friends?

How can you make sure your leaders understand and don't burn themselves out?

With the right help and support in our communities, children and young people with FASD can and do fly.

For more information see

fasd.me/we-are-awesome/

You can find more help and advice to help someone with FASD on:



nationalfasd.org.uk

Information about the training we offer is here and this includes working directly with a pupil with FASD:



nationalfasd.org.uk/learn-more/training/