



You've been given
this card because
someone you know
and care about has
Fetal Alcohol
Spectrum Disorder

FASD

Work, rest & play

INFORMATION FOR FAMILY AND FRIENDS



It can be overwhelming to know someone you care about has FASD but if we can get the support right, people with FASD can and do fly.

2 key points: -

- 1) It can be tiring caring about someone with FASD. Make sure that you look after yourself.
- 2) We all make mistakes. Don't beat yourself up if something goes wrong. Pick yourself up and try again.

Children & young people do best if they understand their FASD and what strategies can be used to make things easier.

Everyone is different, but www.fasd.me is packed with loads and loads of practical advice and resources to help you and them.

Children and young people with FASD can progress to and hold down the right jobs or volunteer in environments that support them, even if they have struggled at school.

They do need continuing support to do this from as wide a group of people as possible.

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



<https://nationalfasd.org.uk/learn-more/wellbeing/supporting-a-loved-one/>

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



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