



You have been given
this postcard because
someone that you teach
has Fetal Alcohol
Spectrum Disorder

FASD & Learning

INFORMATION FOR SCHOOLS AND COLLEGES



You can help your student with FASD.

Research shows 2-4% of students have FASD. Organic brain damage was caused in the womb when they were exposed prenatally to alcohol.

Over 400 separate conditions are associated with FASD, and many can impact learning. Often people with FASD are impulsive with poor executive functioning.

However, people with FASD can and do achieve in school if they have appropriate support. Reasonable adjustments are needed to match their developmental stage.

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Some key suggestions for helping people with FASD achieve include: -

- Build on a student's strengths
- Remember they are likely to be developmentally younger
- Always check for understanding frequently
- Ensure routine is followed
- Break down instructions and activities into very small chunks
- Ensure that your language is positive and concrete
- Have realistic expectations for someone with organic brain damage
- Provide frequent breaks and sensory activities so they can focus
- Constant supervision is often needed especially during breaks and lunchtimes
- Demonstrate rather than describe
- Giving time to process information

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



nationalfasd.org.uk/learn-more/practitioners/educators/

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



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

Email:
info@nationalfasd.org.uk

