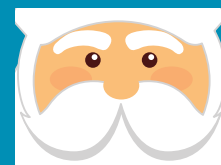


Christmas can be hard!

People with FASD tell us Christmas can be hard for them



"We find it hard waiting for Father Christmas to visit"
Dec (11) and Mikey (13)

"I find the changes really confusing, the flashing lights make me hyper and i never know what I'm getting for Christmas even though I wrote a list. Christmas time is scary"
Katie (11)



What do you find hard?

Write it here



Take a photo of your answer and upload it here:
<https://fasd.me/portal/>

