

FETAL ALCOHOL SPECTRUM DISORDER (FASD)

WHAT IS FETAL ALCOHOL SPECTRUM DISORDER (FASD)

Fetal Alcohol Spectrum Disorder (FASD) is a lifelong neurodevelopmental condition that can arise from prenatal alcohol exposure. This exposure can occur at any stage of pregnancy, including before pregnancy is recognised. Currently, there is no known safe amount of alcohol to consume at any point during pregnancy.

FASD is thought to affect 3-5% of the general population and up to 33% of the care experienced population. FASD can affect any and all areas of development. It is often referred to as a hidden disability.

FASD is the most common yet unrecognised neurodevelopmental condition in the world. It is a spectrum condition, so those affected will all present differently. Every person with FASD will have strengths and challenges. Early diagnosis and support can help individuals learn support strategies and prosper throughout their lives.

HOW CAN FASD PRESENT? (SIGNS TO LOOK OUT FOR):

The following areas might be impacted:

- Executive functioning: planning, problem solving, transitions, time management, memory
- Adaptive behaviour: understanding social cues, empathy, emotional age
- Emotional regulation
- Cognition: planning learning, organisation
- Motor (and sensory) skills: coordination, writing, reactions to sensory input
- Expressive and receptive language
- Attention and impulse control
- Academic achievement

Personal strengths of learners with FASD might include:

- Helpful and keen to please
- Caring with a strong sense of justice
- Non-judgemental
- Energetic
- Good with younger children, the elderly, animals
- Friendly and outgoing
- Hands on, concrete learners
- Persistent and hardworking
- Often athletic, sporty, creative or musical
- Often lateral thinkers
- Excellent long-term visual memories

UNDERSTANDING FASD - FETAL ALCOHOL SPECTRUM DISORDER

INITIAL STEPS IF YOU THINK A CHILD IN YOUR SETTING SHOWS SIGNS OF FASD

Adoption UK have an information and support line which offers practical suggestions, information and encouragement, or can point you in the right direction of specialist help. Call on 03006660006.

KEY RESOURCES:

[Adoption UK: FASD Education Resources](#)

[Dan Dubovsky- Common Strengths of Students with FASD - YouTube Video](#)

[FASD Support Strategies for Education Staff](#)

[How PAE affects brain domains](#)

