

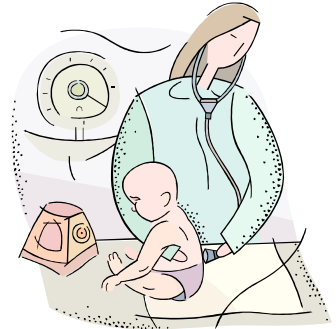
**What is FAS/FASD?**

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Fetal alcohol syndrome (FAS) is a set of physical and mental birth defects that can result when a woman drinks alcohol during her pregnancy. When a pregnant woman drinks alcohol, such as beer, wine, or mixed drinks, so does her baby. Alcohol passes through the placenta right into the developing baby. The baby may suffer lifelong damage as a result.

FAS is characterized by brain damage, facial deformities, and growth deficits. Heart, liver, and kidney defects also are common, as well as vision and hearing problems. Individuals with FAS have difficulties with learning, attention, memory, and problem solving.

Fetal Alcohol Spectrum Disorders (FASD) is an umbrella term describing the range of effects that can occur in an individual whose mother drank alcohol during pregnancy. These effects may include physical, mental, behavioral, and/or learning disabilities with possible lifelong implications. The term FASD is not intended for use as a clinical diagnosis. *(from the National Organization on Fetal Alcohol Syndrome)*

**The signs and symptoms of FASD**

A baby with FASD may be born with a small head and identifiable facial features. He or she may have abnormalities or deformities of the limbs, hands or feet. Heart, liver and kidney problems are common, as well as vision and hearing problems. Children with FASD may experience slow growth and coordination. They may have difficulty staying focused, recognizing and understanding patterns, predicting "common sense" outcomes or mastering math and reading. Children do not "outgrow" FASD and its serious consequences. They become adolescents and adults who may have difficulties with learning, attention, memory and problem solving. *(from the National Organization on Fetal Alcohol Syndrome)*

**Interventions**

To help develop appropriate patterns of behavior and learning, state concretely and specifically what you mean, avoid abstractions, avoid over-stimulation, modify and simplify the environment, provide consistent and predictable structure, break things into small steps, re-teach and review for long term memory storage, focus and build on strengths, use positive behavioral supports, be prepared for inconsistent performance and frustration, "think younger" (dysmaturity), learn all you can to help this student flourish and learn. Work effectively to prevent and diminish secondary behaviors.\*

**Resources...**

National Organization on Fetal Alcohol Syndrome [www.nofas.org](http://www.nofas.org) 1 (800) 66NOFAS  
 The Advocacy and Learning Center [www.talonline.net](http://www.talonline.net) \*e-mail: [ourorhskids@yahoo.com](mailto:ourorhskids@yahoo.com)  
 FAS Community Resource Center [www.fasstar.com](http://www.fasstar.com) e-mail: [teresa@come-over.to](mailto:teresa@come-over.to)

For more information contact...