

## Strategies for Helping Children Manage FASD

As a therapist, you can help parents work with their children to reduce anxiety and externalizing behaviors using the 8 Essentials for Success by Deb Evanson and Jan Lutke.

1. **Concrete:** Parents need to speak in concrete terms and not use idioms such as "Get your act together."
2. **Consistency:** Parents should be consistent with language around directions or instructions.
3. **Repetition:** Parents need to understand that memory can be affected with FASD and so it is important to be prepared to continually repeat and re-teach information.
4. **Routine:** Parents should provide stable routines so their children know what to expect.
5. **Simplicity:** Parents should provide information in the simplest and shortest way possible.
6. **Specific:** Parents should not assume that their children can fill in the blanks. Be concrete and specific.
7. **Structure:** Parents need to provide structure to help their children make sense of the world around them.
8. **Supervision:** Because FASD can affect a child's understanding of cause and effect, supervision is needed, even when they are at an age when most other children would not need it.