



Reminders for parents/caregivers and people living with FASD and other neurodevelopmental disorders

It's in the brain, so don't take behaviour or words personally!

Can't not Won't – Unconditional Love – Every day is a new day

Work on changing the environment, **NOT** the person

It's all about relationships

Structure – Supervision – Support

Build on strengths

Do along side, rather than independence – and do that often over their lifetime

Reasoning is difficult because of structural and/or functional brain differences

Develop and manage routines across the whole day and night.

Every day and night

Give clear, simple directions – one step at a time

Lifelong support will look different over time

Use visuals rather than words

When behaviours escalate, step back, give space and time, and then **increase supports, not consequences**

Supervise well, but with their input as to how to set up and enable lots of positive social interactions

Enable and reward success

Anticipate problems and reduce demands

Give lots of attention – not “He's attention seeking”

If they cannot do it, they cannot do it, move on to something new, get someone else to do it for them

Don't beat yourself or them up – Some days are hard for everybody and **some days are wonderful!!**

Stress makes life worse, theirs and yours

There are lots of different supports in the world, try them all till you find what works for you and your family

What we've learned over the past 45 years from families, professionals, and people living with these disabilities.
Judy and Matthew Pakozdy, Whitehorse, Yukon, 2022

