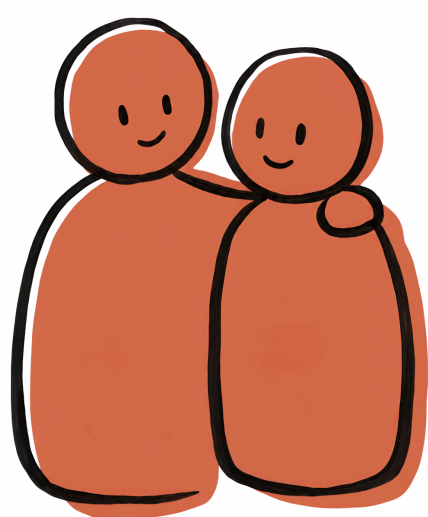
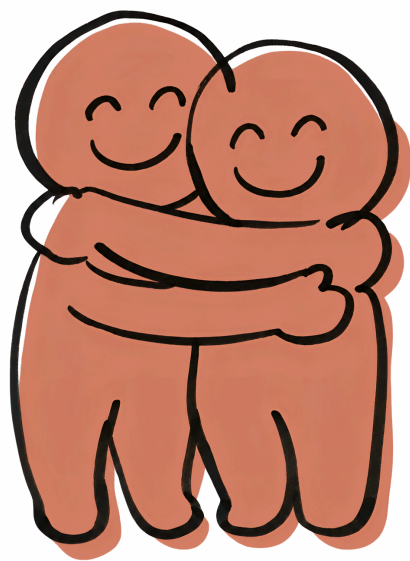


Reaching Our Potential

Strategies and resources for caregivers of individuals with FASD

Children with FASD are exceptional. They're funny, kind, generous, creative, and so much more. Raising a child with FASD is incredibly rewarding. Raising children with FASD is a unique experience that can be challenging and stressful at times. **Caregivers deserve support too!**



Support can take many different forms

1. Self-care activities
2. Peer support groups
3. Professional support

Self-Care Activities

Research finds that caregiver confidence in their ability to practice self-care was associated with lower levels of parenting stress and higher parenting satisfaction

1

Common strategies shared by caregivers of individuals with FASD include physical activities like going for walks, carving out “me time” for yoga, meditation, and prayer, treating themselves to small luxuries like a massage, and engaging in hobbies like gardening.

2

Peer Support Groups

Peer support groups are empathetic, knowledgeable, and non-judgmental spaces where you can connect with individuals who understand your experiences.

Support groups foster sincere connections between people with lived experiences with FASD, with many offering supervision of children during meetings. Sessions may cover strengths, struggles, and talk through potential solutions based on lived experience, research, and available resources.

Professional Support

FASD workers and coordination services can help families navigate different systems (e.g., child welfare, schools), access supports (e.g., respite care, school accommodations), and advocate.

3

Resources

To find FASD services and resources near you, check out [CanFASD's interactive map](#)