

MEDIA RELEASE

Children's book about FASD highlights the power of inclusive storytelling

Toronto, ON – March 4, 2025 With March being both National Reading Month and Developmental Disabilities Awareness Month, the Canada FASD Research Network (CanFASD) is excited to share the story behind ‘What is Your Superpower?’ by Hannah Denberg.

This heartwarming book follows the inspiring journey of children with Fetal Alcohol Spectrum Disorder (FASD) as they showcase their unique strengths. Through vibrant illustrations, the book highlights how love, support, and understanding can empower individuals with FASD to thrive.

FASD is a lifelong disability impacting the brain and body of people who were prenatally exposed to alcohol. An estimated 4% of Canadians have FASD, making it more common than autism, cerebral palsy, and Down syndrome combined. It is highly stigmatized and often goes underrecognized and under supported. FASD experts and community members have been calling for a more balanced representation of the disability that highlights the strengths as well as the challenges this community faces.

"Given the significance of this month, I hope this story resonates with readers and sparks conversations," said Hannah Denberg, a Master's of Health Sciences student and FASD advocate. "With National Reading Month encouraging literacy and storytelling and Developmental Disabilities Awareness Month promoting inclusivity and understanding, I hope that my book can serve as a timely and compelling resource for families and educators who want to learn more about FASD."

Audrey McFarlane, Executive Director of CanFASD, added: "This beautifully illustrated story underscores the vital role of families, educators, service providers, and communities in creating an inclusive society. We are grateful for Hannah's generosity in donating 100% of the book's proceeds to CanFASD, furthering research and support for individuals with FASD and their families."

‘What is Your Superpower?: Growing and Glowing with FASD’ is [available for purchase](#) on Amazon. A [recording](#) of Hannah Denberg reading the book is available on YouTube.

About FASD:

FASD stands for Fetal Alcohol Spectrum Disorder. It is a lifelong disability that affects the brain and body of people who were exposed to alcohol in the womb. Each person with FASD has both strengths and challenges and will need special supports to help them succeed with many different parts of their daily lives. Find out more about the disability on the [CanFASD website](#).

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