

MEDIA RELEASE

Children's Book Released to Teach Young Readers about Fetal Alcohol Spectrum Disorder

(September 19, 2024) The Canada FASD Research Network (CanFASD) is thrilled to announce the launch of "What is Your Superpower?", a captivating new children's book by debut author Hannah Denberg. In time for FASD Awareness Month, this book reflects the power of individuals with Fetal Alcohol Spectrum Disorder (FASD), and emphasizes how we can all contribute to making a positive impact in their lives.

"What is Your Superpower?" follows the inspiring journey of children with FASD as they showcase their unique strengths. This story celebrates the power of love, support, and personal growth, showing that every challenge can present an opportunity to shine. It highlights how everyone - family, friends, service providers, and the community - plays a vital role in supporting those with FASD. Perfect for families, educators, and young readers, this heartwarming book will inspire greater awareness and encourage readers to embrace and celebrate differences.

Written and released in celebration of FASD Awareness Month - which is observed every September - this book aims to spark conversations, inspire action, and foster a supportive environment for individuals with FASD; beyond the month of September.

Hannah Denberg, a Master's of Health Sciences student and passionate advocate for supporting individuals with FASD expressed her excitement about the book's release:

"Drawing from my experiences and research, I set out to write a children's book that celebrates the strengths, resilience, and growth of children with FASD. As a researcher, I am committed to using strengths-based language, and I wanted the book to reflect that. While acknowledging the challenges faced by individuals with FASD is essential, it's equally important to shine a light on their strengths."

The book features beautifully illustrated pages by Hannah Denberg, whose vibrant artwork uses nature as a metaphor for the ways individuals with FASD grow and thrive. Hannah wanted to create a resource not only for children, but also for families, service providers, and the broader community to foster conversations about FASD in a positive manner. While the book simplifies FASD in a way that's understandable for children and young readers, it can still serve as a valuable conversation starter for service providers, community members, and families.

Canada marks FASD Awareness Month to bring attention to FASD, a lifelong condition caused by prenatal alcohol exposure. This disorder can affect both brain and body development, resulting in significant challenges for those living with FASD - including mental health issues, learning disabilities, and substance use. It is estimated that 4% of Canadian population have FASD, among the highest prevalence rates in the developed world.

"What's Your Superpower?" is available for [purchase on Amazon](#). 100% of proceeds are being donated to CanFASD.

Quotes:

Hannah Denberg, Author and Illustrator of "What's Your Superpower?" said: "I have had the privilege of focusing on FASD through both my academic research and my time as a CanFASD trainee. Collectively, these experiences have taught me the importance of support systems for individuals with FASD, and that everyone – whether it be family, friends, or the broader community – plays a critical part in this support network."

Audrey McFarlane, Executive Director of the Canada FASD Research Network said: "This beautifully illustrated story not only captivates young readers but also serves as a powerful tool for raising awareness about the unique strengths and abilities of individuals with FASD. As Canada's first comprehensive national FASD research network, we are proud to endorse this book, which not only raises awareness but also fosters empathy and understanding within communities. I want to extend our heartfelt gratitude for Hannah's generous decision to donate 100% of the proceeds from the book to our organization. This support will go towards advancing research, resources, and supports for individuals with FASD, their families, and the dedicated service providers working alongside them."

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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