Hey teacher

I was born with FASD.
That stands for

FETAL ALCOHOL SPECTRUM DISORDER

FASD means that my brain works differently than other people's. It also means that there are some things that I am very good at, and other things that are really hard for me.

Everyone born with FASD has things they need help with and things they can do really well, and each person has different needs and strengths.

The best people to ask about me, are me and my parents or caregivers.

I am pleased you have this information and I hope it helps **us** to work better together to find ways to help me learn.

FASD is a lifelong disability.

FASD is often invisible.

With guidance and wisdom, those with FASD can grow and achieve.

A FEW OTHER THINGS:

• HOMEWORK

My brain is very busy and I use an enormous amount of energy when I am at kura/school. At the end of school I am extremely tired and so I do not cope well with homework. Please don't give me homework or at least make it manageable

• DECISION MAKING

FASD means that my brain has trouble thinking of lots of things at once. This makes it really hard for me to make choices and decisions. It is helpful when I have someone else to help me understand what the choices are and how they might affect me.

• INFLEXIBILITY

My FASD brain also means that I cannot change my thinking quickly. This makes transitions tough. Also, I think in 'black and white' so keep things simple, clear and concise.

• MY TALENTS

When I can work within my talents I can show you amazing things. Please let me have regular opportunities to work in these areas.
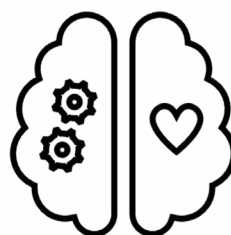

Thank you for reading this information.

There are lots of ideas in here but if you want to know something about me, just ask! My parents or caregivers know a lot about me and how I respond best, so please talk to them too.
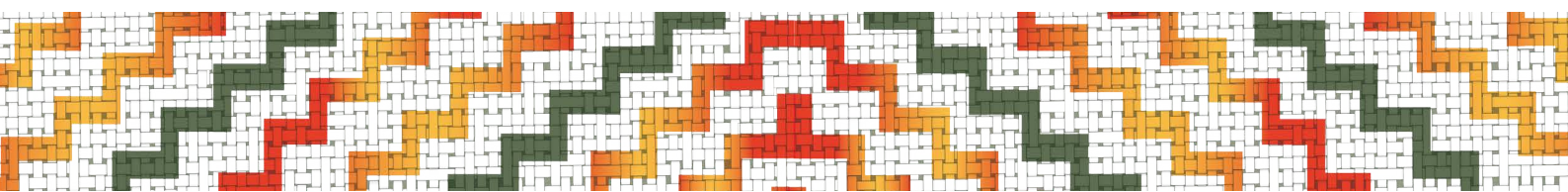
You can find out more general information by checking this website ...

www.fasd-can.org.nz

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Can't
NOT
Won't

Here are some ideas...

that will help me to do my best at kura/school.

If I don't always do the right thing it may be because I **CAN'T** ... rather than I **WON'T**.

Helping me remember

- Signs with pictures that show me what to do
- Reminders written down on the board
- Written messages to take home rather than oral messages I have to remember (or email direct to home)
- A visual timetable
- Frequent checking with me to ensure I know what I am doing (and checking I have the things I need for home)
- Give me ONE instruction at a time
- Praise me when I remember to do something the right way.

Helping me learn

- Well explained oral and written instructions given step by step
- A model or visual example
- A quiet space where I can work by myself
- Lots of new opportunities to practice new ideas
- Lots of repetition
- Clear boundaries and expectations
- Routines that are regular and easy to predict
- Giving me specific feedback
- More time to do things so I can think about it properly and not rush
- Check with me regularly and help me think a bit more rather than expecting me to ask questions

I cannot change the way I was born, but you can help make my environment be a place where I can achieve success.

Helping me to behave

- Explain to me what you expect and how you want me to act
- If I get angry, let me calm down before talking to me about it
- Have a safe place for me to go when I'm getting angry
- Having a safe adult who will help me when I need help
- Visual prompts to show me what to do
- Tell me about changes to the routine as soon as you can
- Tell my parent/caregiver before something happens so they can help me understand what is happening
- Allow me time to relieve my stress regularly
- I do not do well when I am expected to manage myself. I do better when someone can support me
- Tell me when I am doing things the way I should be
- Sometimes I can be encouraged to do silly things by others. Please help me to know when others are not helpful to me.

If I am unhappy, unfriendly or difficult this will be because I am confused, frustrated, tired or angry.

Please take the time to understand me.