

Fetal Alcohol Spectrum Disorder (FASD)

- NO SAFE TIME
- NO SAFE AMOUNT

**TAPU
WHILST
HAPU!**



**The hidden
disability...**

*Under 10% of those with FASD are
diagnosed – many are mis-diagnosed*

Fetal Alcohol Spectrum Disorder (FASD)

is a lifelong disability that affects the brain and body of people who were exposed to alcohol in the womb. The pattern of brain damage is unique to each person with FASD. All people with FASD have both strengths and challenges, and will need support in many different parts of their daily lives.

FASD-CAN Inc
is a registered
charity that's here to
help all those affected by
FASD. We inform, educate,
support, advocate, raise
awareness and connect.
Find us online here:

WWW.FASD-CAN.ORG.NZ

Growing Up in NZ
study revealed nearly

40%

of births in Aotearoa
are unplanned.

HOW COMMON IS FASD?

Based on international studies, 3-5% of tamariki born every year in Aotearoa could be born with FASD. That's 1800-3000 a year, or about 8 babies a day. Up to 60,000 children under 18 may be currently affected.

FASD is 2.5 x more common than autism – and more prevalent than cerebral palsy, Down syndrome and autism **combined**.

EARLY INTERVENTION IS CRUCIAL

If FASD is not understood and supports are not put in place early, secondary challenges may occur: poor mental health, substance misuse, social difficulties, involvement with justice and challenges with independent living as adults.

How can you support people with FASD?

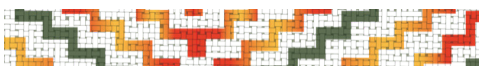
- Learn more about it
- Understand the reasons for FASD behaviours
- Correct misinformation
- Avoid blame and end stigma



MYTHBUSTERS

- Less than 10% of those affected by FASD have distinct facial features
- Less than 20% of those affected have a low IQ
- People with FASD can be clever, creative, outgoing, empathetic and kind.
- Support for those with FASD in Aotearoa is very limited – many whānau face personal, financial and mental health problems.
 - The behavioural symptoms of FASD can look wilful or intentional – but these are symptoms of brain differences, not poor parenting.
- We believe no mother ever harms her baby intentionally.

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



FASD-CAN
Fetal Alcohol Spectrum Disorder
Care Action Network

