



Nine brain-based strategies to reframe symptoms of Fetal Alcohol Spectrum Disorder.

Pause Power

Find the gap between act and react.

Stop Talking

Talking fuels aggravation and overwhelm.

Don't Take It Personally

Their dysregulation is not about you.

Slow Down

Slow your voice, movements and expectations.

Keep It Simple

Offer one clear step at a time.

Stage, Not Age

Respond to the child's developmental stage, not their chronological age - often quite different.

Brain, Not Blame

Ask yourself 'what brain-based reason could be behind this?'

Re-Teach Often

Accept that re-teaching is an essential support - not a failure.

Be Gentle With Yourself

Seek support, refill your emotional cup, prioritise some respite if you can.

Don't forget to breathe!



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