



FASD-CAN

Fetal Alcohol Spectrum Disorder
Care Action Network

Aotearoa New Zealand's
National FASD Caregiver
Support Organisation

CAREGIVER CARD
I NEED HELP

For more information
about FASD visit:

www.fasd-can.org.nz

**Fetal Alcohol Spectrum
Disorder (FASD)**
*is a brain-based
disability.*

You cannot see this
disability, but it is there.

Think BRAIN, not BLAME!

MY CHILD IS HAVING A MELTDOWN I NEED HELP!

My child has FASD and has become overwhelmed. Their brain has 'shut down'. They are struggling to self-regulate.

They are physically hurting me with no real intention of doing so.

I need help. If you feel safe to intervene, please try to distract my child by pointing out something around us that they might be curious about or find interesting. This may help take their attention away from me. Please do not ask them to calm down or criticise their behaviour.

Keep your voice calm, slow, and use a low tone.

If you feel unsafe to help, please call the
Police immediately on 111.

THANK YOU FOR UNDERSTANDING