

# Reminders for Parents with Children with FASD

## BE CONCRETE

TALK IN CONCRETE  
TERMS AND  
AVOID ABSTRACT  
LANGUAGE.

## BE SPECIFIC

SAY EXACTLY  
WHAT YOU MEAN  
AND GIVE STEP BY  
STEP DIRECTIONS,  
ONE STEP AT A  
TIME.

## CONFABULATION

CONFABULATION  
IS NOT  
PURPOSEFUL OR  
MALICIOUS, BUT  
AN IMPAIRMENT IN  
MEMORY.

## IT'S NOT PERSONAL

BE KIND TO  
YOURSELF, DO  
NOT TAKE THEIR  
ACTIONS  
PERSONALLY.

## IMPULSE

ACTING ON  
IMPULSE IS  
NOT A  
CHOICE.

## PATIENCE

BE PATIENT WITH  
YOUR CHILD AND  
YOURSELF, THINGS  
TAKE TIME.

## SUPERVISION

INDEPENDENCE LOOKS  
DIFFERENT FOR  
EVERYONE, MONITORING  
DAILY TASKS CAN CREATE  
MORE OPPORTUNITIES  
FOR YOUR CHILD TO BE  
SUCCESSFUL AND SAFE.

## MISTAKES

EXPECT YOUR CHILD  
TO MAKE MISTAKES,  
THEY MAY ALSO  
CONTINUE TO MAKE  
SIMILAR MISTAKES.  
THAT IS OKAY.

## RELY ON YOUR SUPPORTS.

UTILIZE RESPITE, TAKE  
BREAKS, SPEND TIME  
WITH LOVED ONES,  
BE OPEN TO  
ACCEPTING HELP,  
ACCESS YOUR OWN  
SUPPORTS.