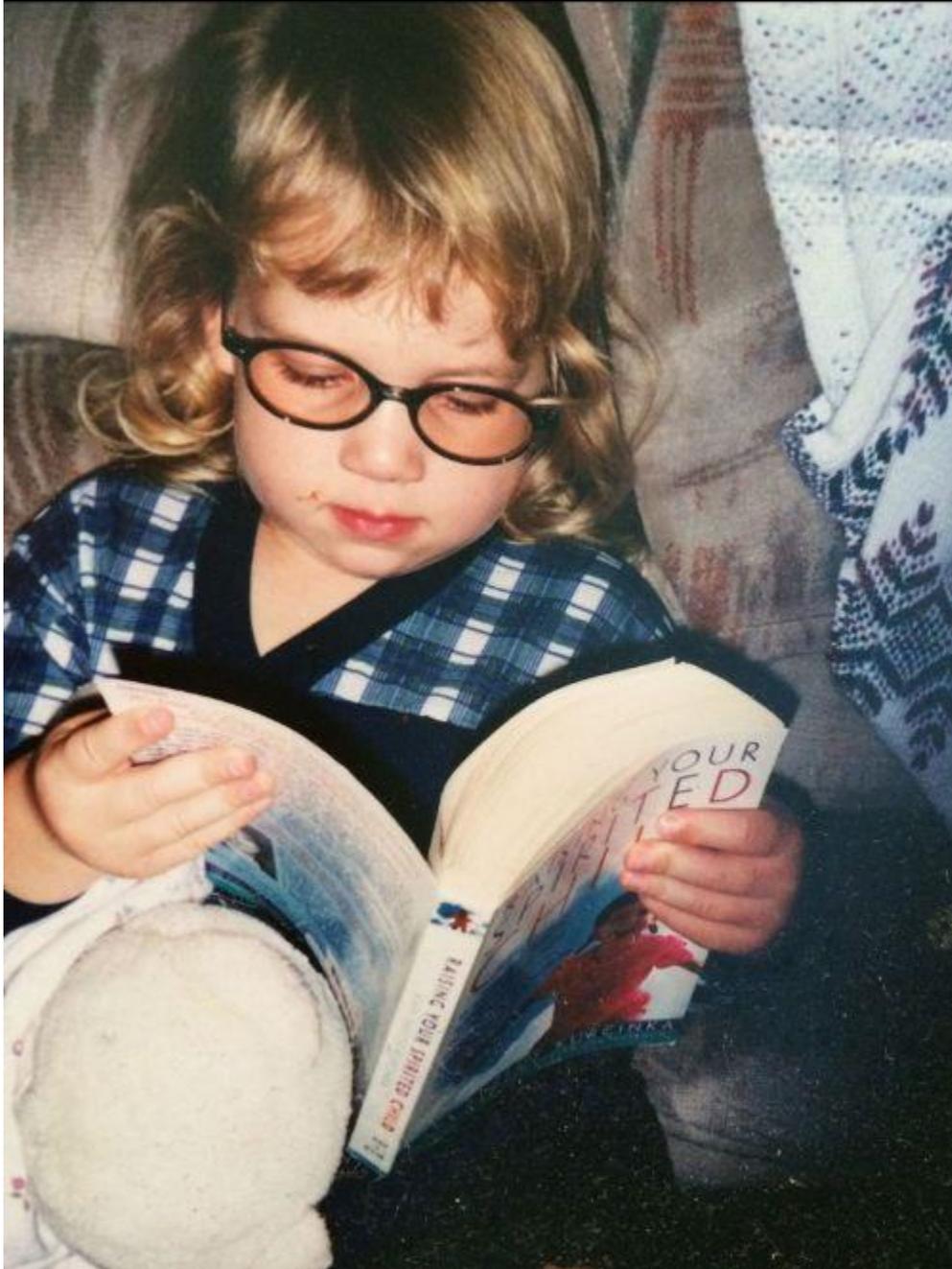




Fetal Alcohol
Spectrum Disorder
Ontario

Trouble du spectre
de l'alcoolisation fœtale
Ontario



A little caregiving support to help us all while we are “Raising our spirited children”.

These are unprecedented and unsettling times for all of us and they can be especially challenging for families experiencing Complex Neurodevelopmental Disabilities including FASD. Evidence has shown that families do better with direct support (support groups for example), with respite, with well established routines, and with consistency. Currently, none of these things are as available as they were, which means the parenting journey can be much more challenging than usual.

Below are links that offer tips and strategies on managing stress, supporting our children and ourselves during these trying times and great suggestions on how to be creative and keep busy and well while at home and isolated from friends, schools, workplaces and families.

Nate Sheets shares some very helpful information regarding the importance of positive connections, and shifting expectations so to balance learning with relationships. He also links families to helpful booklets and videos that can help with concrete and practical demonstrations that will help with hygiene, social distancing and managing worries. [Click here to watch the video.](#)

[The Special Olympics website](#) has some awesome suggestions on how to keep ourselves busy and healthy while the [FASD Network News](#) shares some important information about how to explain Covid 19. There are also links to help with hygiene visuals, and ideas to create ‘Staying In and staying safe’ journals.

All are encouraged to visit and subscribe to the [CanFASD blog](#) for evidence based tips, strategies, education and resources related to FASD. We recently shared some of their ideas around social distancing and tips for caregivers to help with this new ‘normal’ in the **FASD News** section of our [FASD Ontario website](#).

Questions? Comments? Contact:

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