

# Self-regulation strategies for parents and carers of children with FASD

Fetal Alcohol Spectrum Disorder (FASD) is estimated to affect 2-5% of Australian children, with much higher rates identified in some populations. FASD is a lifelong, brain-based disability which impacts learning, memory, behaviour, attention, communication, executive functioning, impulse control and other cognitive skills. Children with FASD have complex needs and require FASD-informed support in order to learn, communicate and thrive.

## FREE WORKSHOP FOR PARENTS AND CARERS

Friday 7 July | 9.30am - 2.30pm

Double Tree Hilton, 82 Barrett Drive Alice Springs

Self-Regulation Strategies is a practical training session based on a positive behaviour therapy program designed for children, families and educators. The program teaches participants about a child's alertness levels and provides strategies to help keep a child's alertness optimal. It focuses on improving a child's executive functioning and ability to self-regulate through understanding how a person's own internal self-regulation system works.

Concentration levels go up and down throughout the day, which can make it hard for children to pay attention, learn, play and do the things they like to do. Together, participants will learn about self-regulation to enable them to teach their child how to get their engine into an optimal state to pay attention. We explore different mediums to use to achieve this with exercise, food, looking, touching and listening.

The workshop content includes:

- description prevalence of FASD
- brief description of the diagnostic process
- why diagnosis is so important
- effects of FASD on the individual
- effectively responding to individuals with FASD
- sexualised behaviour
- strategies for regulation



*The National Organisation for Fetal Alcohol Spectrum Disorders (NOFASD) Australia is the oldest established FASD organisation in Australia. Founded and led by parents and carers for more than 20 years. NOFASD has been delivering workshops to community organisations for nearly 10 years. Feedback is consistently positive, with over 95% of participants who completed this workshop stating that they would recommend it.*



Morning tea, lunch and afternoon tea provided

Register here: [FASD for parents and carers](#) or contact Laura at Communities for Children Alice Springs on [cfcalice springs@anglicare-nt.org.au](mailto:cfcalice springs@anglicare-nt.org.au) or 8951 8000



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