



Assembled by the Alaska Center
for Resource Families, 2021.

30 WAYS & 30 DAYS

Content to Promote FASD Awareness Month on Your Social Media

#FASD #FASDMonth #None49AK

BONUS! Share the new Alaska publication “9 Core Messages: What Everyone Should Know About Prenatal Alcohol Exposure” assembled by the Alaska FASD Strategic Plan Workgroup September 2021.

1. Language is powerful when talking about FASD. The Language Guide developed by the Canada Northwest FASD Partnership Ministers offers help to promote more mindful and respectful words. <https://tinyurl.com/y465eh9e>
2. Explaining a diagnosis of FASD to a child can be difficult and take some time to fully understand. Canada FASD Research Network created a guide on how to navigate explaining a diagnosis to your child: <https://canfasd.ca/wp-content/uploads/2019/08/How-to-Explain-an-FASD-Diagnosis-to-your-Child.pdf>
3. Encourage educators to try “differently, not harder.” Share the video [8 Magic Keys](#) for ideas to use in the classroom with student impacted by FASD. <https://tinyurl.com/yyxu39m4>
4. Is drinking impacting you or a loved one? Take an anonymous online quiz to check out if you should be concerned. At Recover Alaska [Take A Screening Quiz](#) <https://tinyurl.com/yymo58re>
5. Educate the teacher of your youth who experiences FASD with this great resource to share with educators and school personnel. [6 things Educators and School Staff Should Know about FASD](#) <https://tinyurl.com/yxjp4zr8>
6. The Collaborative’s mission is to prevent Fetal Alcohol Spectrum Disorders (FASD) among American Indians and Alaska Natives (AI/ANs) and to improve outcomes for

AI/AN children and adults living with FASD. <https://nofas.org/wp-content/uploads/2015/07/Native-American-FASD-Collaborative.pdf>

7. FASD Impacts you even if you don't know it yet. Foster Mom Nora Boesem talks about her experience in a TED Talk. <https://tinyurl.com/yy9r4vl8>
8. Red Shoes Rock! is stepping out in red shoes to build awareness of Fetal Alcohol Spectrum Disorder during September. Wear red shoes on September 9 and start the conversation and spread awareness about FASD. (Figure 1)
9. FASD has lifelong implications, learn about some intervention strategies on this flyer at <https://i.pinimg.com/originals/d6/73/40/d67340480d494fd05202b4b285af2308.jpg>
10. Recognizing FASD can be difficult, learn some ways to distinguish characteristics at <https://nofas.org/wp-content/uploads/2014/05/FASD-identification.pdf>
11. Stigma plays a significant role in the experiences of people who are affected by FASD. Learn about the impact of alcohol stigma on women who are pregnant or planning a pregnancy and how to reduce that stigma at <https://adf.org.au/reducing-risk/alcohol/fasd/stigma-and-fasd/>
12. Attend the virtual 5k, Run FASD, that will happen at your own pace wherever you are. From September 9th- 15th, 2021, Run FASD will help to bring awareness to FASD. Register online at <https://nofaspolicycenter.org/run-fasd/>
13. Read the personal story of Brenna, a young teen who lives with FASD at <https://www.cdc.gov/ncbddd/fasd/features/brenna-living-with-fasd.html>
14. An Alcohol Free Pregnancy is the best choice for your baby. https://www.cdc.gov/ncbddd/fasd/documents/FASDBrochure_final-P.pdf
15. Watch this interview segment from Special Books by Special Kids on four brothers with FASD. https://www.youtube.com/watch?v=_HIQ_lj70qc
16. Learn how FASD impacts the child's brain on this handout: https://www.npaihb.org/images/projects_docs/How%20Alcohol%20Affects%20the%20Baby.pdf
17. Take a look at this Pinterest board that suggest 10 Things you need to know about FASD: <https://www.pinterest.com/pin/1055599897289068/>

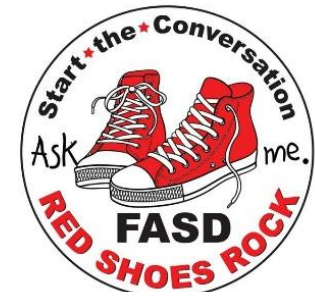


Figure 1

18. Pediatricians Vincent C. Smith, MD, and Renee Turchi, MD wrote an article on the FAQs of FASD for parents and families: [Fetal Alcohol Spectrum Disorders: FAQs of Parents & Families - HealthyChildren.org](#)
19. Learn about the 5 pillars on how to support someone with FASD: [5 Pillars to Support Someone with FASD | Crisis and Trauma Resource Institute \(ctrinstitute.com\)](#)
20. Ever wonder why some children must wear certain clothes every day, refuse to eat certain foods, bump into things, or have meltdowns in public places? Learn more about sensory overload for children with an FASD: [Dealing with Sensory Overload for Children with an FASD - Proof Alliance](#)
21. Listen to Peggy's personal story as a birth mother of a child with an FASD: [Meet Peggy, Birth Mother of a Child with an FASD - Proof Alliance](#)
22. Parenting a child with FASD is a journey, it can be challenging and rewarding at the same time. This information guide will help guide you on this unique parenting journey: <https://www.proofalliance.org/wp-content/uploads/2019/06/Parenting-children-with-FASD.pdf>
23. Hey Dad's, we haven't forgotten about you! Support your partner in striving for a healthy pregnancy! (Figure 2)
24. Start your learning about Fetal Alcohol Spectrum Disorder by viewing Session 1 of the [FASD Across the Lifespan Series: Introduction and Diagnosis: Spotlight on Prevention](#). <https://vimeo.com/514177951>
25. Learn how sensory needs are impacted at an early age due to prenatal exposure to alcohol by watching [FASD Across the Lifespan Session2: Infant Learning and Early Intervention](#). <https://vimeo.com/528575178>
26. Pre-natal exposure to alcohol can impact early social development. Find out more by watching [FASD Across the Lifespan Session 3: Preschool and Social Development](#). <https://vimeo.com/535678017>
27. Challenge how you look at a child's difficulty in school and learn think differently by watching [FASD Across the Lifespan Session 4: School Age: Spotlight on Learning Challenges](#). <https://vimeo.com/548271005>
28. Middle school is tough for everyone, but especially for student who were prenatally exposed to alcohol. Learn more by watching [FASD Across the](#)



Figure 2

[Lifespan Session 5: Middle School: Spotlight on Challenging Behaviors.](https://vimeo.com/562109331)
<https://vimeo.com/562109331>

29. Students with FASD can be more successful if caregivers understand about dysmaturity. Educate yourself by watching [FASD Across the Lifespan Session 6: Adolescence and Transition into Adulthood: Spotlight on Dysmaturity.](https://vimeo.com/576009806) <https://vimeo.com/576009806>
30. Adults with an FASD can thrive when caregivers understand available resources and think about creating a web of connection to support. Watch [FASD Across the Lifespan Session 7. Adulthood Spotlight on Interdependence.](https://vimeo.com/588684244) <https://vimeo.com/588684244>