

RESOURCES

STATE

New Jersey Department of Health
Family Health Services
www.nj.gov/health/fhs/index.shtml

Special Child Health and Early Intervention
Services
www.nj.gov/health/fhs/sch/index.shtml

Early Intervention System
www.nj.gov/health/fhs/eis/index.shtml

Special Child Health Case Management Units
www.state.nj.us/health/fhs/specialneeds/case-management/

Child Evaluation Centers
www.state.nj.us/health/fhs/specialpediatrics/child-evaluation/

New Jersey Department of Children and Families
www.state.nj.us/dcf/

Division of Child Protection and Permanency
www.nj.gov/dcf/about/divisions/dcpp/

New Jersey Family Success Centers
www.nj.gov/dcf/families/support/success/

Children's System of Care (CSOC)
www.nj.gov/dcf/about/divisions/dcsc/

New Jersey ParentLink
www.njparentlink.nj.gov/

FEDERAL

Centers for Disease Control & Prevention (CDC)
www.cdc.gov/ncbddd/fasd

OTHER

Statewide Parent Advocacy Network (SPAN)
www.spanadvocacy.org/

Mom2MomHelpline (Rutgers University)
www.mom2mom.us.com/

PARTNERS



www.doh.nj.gov



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FETAL ALCOHOL SPECTRUM DISORDERS

Tips for Parents & Caregivers



WHAT IS FASD?

Fetal Alcohol Spectrum Disorders (FASD) is a term used to describe conditions that may result in a child whose mother drank alcohol during her pregnancy. Alcohol exposure in utero can affect a person's health, development, behavior and ability to learn. Issues can range from mild to severe across the lifespan. The following is a list of tips for parents and caregivers of children with FASD by developmental level, and resources for information and services.



The Individuals with Disabilities Education Act (IDEA) requires states to ensure early intervention (EI) services are made available to eligible children birth - 2 years with developmental delays. IDEA also requires special education and related services to be provided for children who qualify beginning at the age of 3.

TIPS FOR PARENTS AND CAREGIVERS

INFANCY/EARLY CHILDHOOD (BIRTH - 5 YRS)

- Utilize low lights, follow a routine, and decrease stimulation for better sleep
- Schedule mealtime and reduce distractions to encourage optimal nutrition
- Seek evaluation for possible developmental delays/learning disabilities through Early Intervention (EI) (age birth-3 years) or Preschool Handicapped Services
- Provide structure and routine
- Utilize calming activities, family and community supports
- Utilize positive reinforcement and provide immediate and consistent consequences

MIDDLE CHILDHOOD (5 - 10 YRS)

- Assist your child in developing friendships with younger children, one at a time
- Encourage your child to participate in clubs with structured activities
- Create a structured environment with clear and predictable routines
- Keep activities brief and offer one-on-one assistance with homework
- Use calming techniques for tantrums
- Ensure consequences are consistent, clear and immediate
- Communicate with the school regarding your child's educational needs
- Consider identifying resources for respite for both the child and the family

ADOLESCENCE (11 - 21 YRS)

- Encourage participation in structured activities
- Closely monitor activities and whereabouts to promote and maintain safety
- Create an open dialogue about appropriate and inappropriate touch
- Discuss sexual education
- Structure daily routine and activities
- Keep rules simple and consistent
- Provide consistent reinforcement for positive and negative behavior
- Regularly reiterate rules



ADULTHOOD (21+ YRS)

- Contact the NJ Division of Disability Services (DDS) at 888-285-3036 to explore residential resources
- Enroll in group activities such as adult classes or clubs to maintain social relations
- Provide structure and routine
- Educate about finances, slowly and consistently; set up simple accounts
- Continue monitoring of activities and whereabouts
- Seek out jobs that are structured/limited stimulation to reduce stress
- Continue discussions on sexual education
- Consider guardianship, and other legal consultation