



The FASD & Child Nutrition Program provides culturally appropriate holistic prevention and intervention support to individuals and families impacted by Fetal Alcohol Spectrum Disorder (FASD).

The objectives of the program are to increase awareness of Fetal Alcohol Spectrum Disorder (FASD) and child nutrition.

- To increase the awareness in pregnant women regarding proper nutrition and the impacts it has on development; to encourage healthy development and healthy living
- To increase youth awareness of the prevention and impacts of FASD
- To improve access to FASD and nutrition services/resources for individuals and their families
- To support and provide resources to individuals, families and caregivers

## Services and Programs Offered

- Service Coordination
- Diagnostic navigation
- One-to-one support
- Group support
- FASD educational sessions
- FASD resource library
- Advocacy and service referrals
- Life-skills support
- Cultural awareness workshops, activities, ceremonies, and teachings
- Nutritional cooking program for parents, children and youth
- Good Food Box program

In order to register into the program there must be suspicion or confirmation of prenatal alcohol exposure; a diagnosis is not required.

There is no age limit to register for this program.



For more information contact:

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**FASD  
&  
Child  
Nutrition**

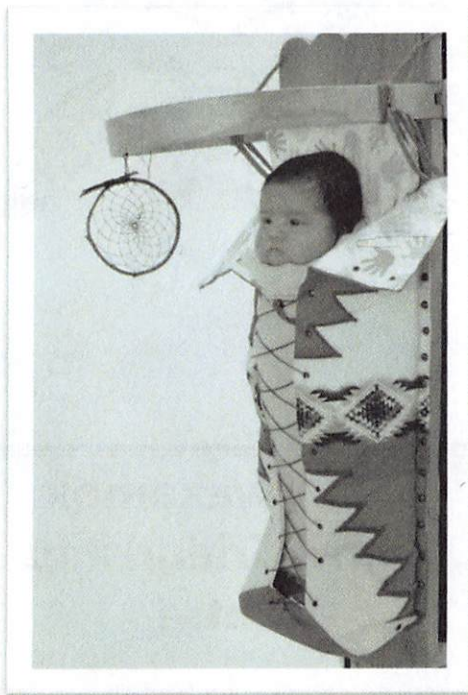


**N'Swakamok  
Native Friendship  
Centre**

## What is FASD?

Fetal Alcohol Spectrum Disorder (FASD) is a diagnostic term used to describe impacts on the brain and body of individuals prenatally exposed to alcohol. FASD is a lifelong disability. Individuals with FASD will experience some degree of challenges in their daily living, and need support with motor skills, physical health, learning, memory, attention, communication, emotional regulation, and social skills to reach their full potential. Each individual with FASD is unique and has areas of both strengths and challenges.

CanFASD



## What is a diagnosis? & Why does it matter?

Making a diagnosis of FASD requires a multidisciplinary team and involves a complex physical and neurodevelopmental assessment.

### Benefits of a diagnosis:

- Identifies strengths and weaknesses – will help a person with FASD get help in difficult areas and excel in areas that are strengths
- Provide support for additional services and/or government benefits
- May provide answers for older children and adults about why life has been difficult for them
- With more appropriate supports it may reduce the occurrence of additional challenges
- Help parents to understand the best ways to help their child succeed
- Provide important information about supports for youth transitioning to adulthood, such as guardianship, trusteeship and legal representation agreements

CanFASD

## FASD Facts

- Current studies suggest that up to 4% of individuals in Canada have FASD; this is 1, 406, 069 people with FASD in Canada today
- FASD is significantly under-diagnosed among the Canadian population. Since FASD often goes undiagnosed, the actual prevalence is likely much higher
- Approximately half of all pregnancies are unintended, and women often continue their usual pattern of alcohol consumption into the early weeks of an unplanned pregnancy
- Fathers' drinking behaviours have an important influence on both maternal prenatal alcohol consumption and the healthy development of their babies
- Individuals with FASD all have strengths which can be masked by their cognitive challenges. Some strengths include: highly verbal, artistic, musical, mechanical, good with animals, friendly, outgoing, helpful, generous, determined, persistent
- FASD is solely and directly the result of prenatal exposure to alcohol. Therefore, FASD can affect people of all races, ages, cultures, classes, genders and sexualities