



Are you looking for help to ensure
a healthy pregnancy and the best
start for your baby?

Let's provide the best possible
care for your growing baby's
environment

Be Safe -- No Alcohol



Contact:

Laura Lefreniere
Community Support Worker

fasd@nfcsudbury.org

**N'Swakamok Indigenous
Friendship Centre**

110 Elm St
Sudbury, On
P3C 1T5

Phone: (705) 674-2128

Fax: (705) 671-3539

www.nfcsudbury.org

Hours

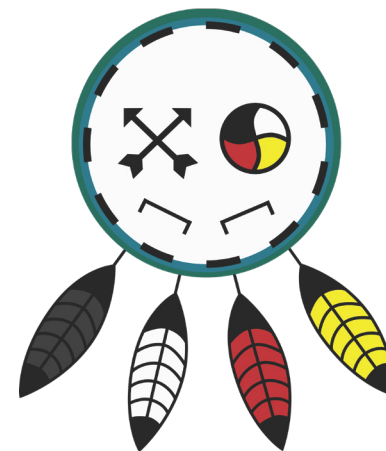
Monday - Thursday

8:30 to 4:30

Friday

8:30 to 2:30

FASD & Child Nutrition



N'Swakamok Indigenous Friendship Centre

What is FASD?

Fetal Alcohol Spectrum Disorder

It's an umbrella term used for a range of disabilities caused by when a woman drinks alcohol during pregnancy. Complications may include physical, mental, behavioral, and/or learning disabilities with possible lifelong implications.

How Alcohol Affects the Unborn Baby

Alcohol is a teratogen. A teratogen is a substance that interferes with the normal growth and development of the unborn baby.

Characteristics of Individuals with FASD

- Learning & Memory difficulties
- Speech and Language deficits
- Behavioral Problems
- Sensory, hearing & vision deficits
- Short attention span
- Impulsive behaviors
- Easily overwhelmed and over stimulated
- Facial abnormalities
- Poor comprehension of social rules and expectations

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.
- 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.
- 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.

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