

FASD Frontline

AUGUST
2014

EFAN Takes to the Streets in the Klondike Days Parade!

Submitted by: Mark St. Germaine – FASD Community Educator

From a network of 39 agencies from across the region, more than 40 people participated in the Edmonton Fetal Alcohol Network Society's Klondike Days parade entry. A message of prevention and no alcohol is best during pregnancy was shared with the thousands of people who attended the parade. Wearing bright yellow shirts with a pickle logo stating: "Don't get your baby pickled", the parade walkers (blowing bubbles along the route for the kids) were accompanied by pickle mascot Gail Finley. The message was well received by the parade watchers along the parade route. In fact, it was so well received that the parade participants are looking forward to doing it all again next year! Thanks to everyone who was able to make it out for this special event, and a special thanks to Gail Finley for organizing our team!



EFAN
Edmonton and area
Fetal Alcohol Network

This newsletter contains information regarding resources, services, articles, research and any other materials that might inform and provide support to frontline workers and caregivers. If you wish to share information or to be added to our e-list subscription, please contact fasdsolutions@hotmail.com

FASD - First Steps

Catholic Social Services

Am I eligible for this program?

First Steps is intended for women who are pregnant or up to six months postpartum, who have used drugs or alcohol during pregnancy. They wish to make a change in their lives and lack connections to other community services. They may also have a child with FASD

Where is this service provided?

Catholic Social Services
#2, 9137 Jasper Avenue
Edmonton, Alberta T5H 3T2

How much will it cost me for services?

There is no cost to the client for this program. Funding comes from Region 6 Alberta Child and Family Services Authority, the Sign of Hope fundraising campaign, and from other provincial FASD dollars.

How do I access this program?

Call the First Steps Program Intake worker at (780)477-1999. Or for more information you can call Denise Plesuk, Program Manager at (780)477-1999 ext. 3202.

First Steps is based on an initiative of the Fetal Alcohol and Drug Unit at the University of Washington.

Findings of this project indicated that after 3 years of being matched with a mentor:

- 85% of mothers had been involved in alcohol/treatment programs
- 67% of mothers had at least one period of abstinence of 6 months or more
- 69% of children were living with their own families
- 94% of children were receiving good child care



Catholic Social Service - FASD First Steps Program

The First Steps Program provided by Catholic Social Services offers mentorship to women who are at high risk of giving birth to a child with Fetal Alcohol Spectrum Disorder. This includes women who are pregnant or who have recently given birth and have used drugs or alcohol during the pregnancy. Mentors work with the women for a 3 year period.

There are three main goals of the program:

- To reduce future births of children with Fetal Alcohol Spectrum Disorder
- To ensure children are in safe and stable environments
- To support parents to build and maintain healthy, independent families

Once entered into the program, clients will identify personal goals and work together with their mentor to meet those goals. There are a wide variety of goals that the women in this successful program work on. Initially, the mentor helps ensure basic needs are being met such as finding appropriate housing, establishing an income source and then balancing that income with finances and budgeting. They also help ensure nutritional and health needs are being met.

Once these basic needs are looked after, the mentor can work on other goals such as addressing family violence issues and child custody issues, learning about parenting, and addressing addiction issues and accessing treatment and counseling as needed. Mentors can also assist the women they are linked with to explore educational opportunities and help them to connect with other community supports.

If you would like more information about the First Steps Program, contact Denise Plesuk, Program Manager, Catholic Social Services. (780) 477-1999 ext. 3202



Parenting in Partnership

Join us in a co-parenting group that promotes positive father involvement!



The Parenting in Partnership program helps parents form meaningful family relationships.

Parents gain confidence and skills to balance their personal and family life.

This program is for *those living in the Edmonton area with at least one child under the age of 7.*

Families can be married, divorced, living together or apart.

The program, supper and childcare are *free!*



A new Parenting in Partnership program begins *August 2014!*

Please call Norwood Child and Family Resource Centre: (780) 471-3737

Living With FASD 2014 Summit: Building a Bridge to Adulthood



25+ hours of online training for families & professionals living and working with those with Fetal Alcohol Spectrum Disorder (FASD)

September 9 - 20, 2014

The purpose of this annual Summit is to provide families and professionals with the most up-to-date training, based on the newest research on Fetal Alcohol Spectrum Disorder (FASD). Topics include:

- Interdependent vs. Independent Living
- Vocation and Employment
- Raising the Next Generation
- Diagnosis and Research
- Mental Health
- Substance Use and Treatment
- Legal Issues
- Sex

For more information or to register, visit:
<http://livingwithfasd.com>

September 9th Marks the 15th Annual FASDay

Submitted by: Mark St. Germaine -
FASD Community Educator

Every year on September 9th, International FASD Awareness Day is observed. Proclamations are issued in countries, states, provinces, and towns all around the world. Bells are rung at 9:09 a.m. in every time zone from New Zealand to Alaska. People all around the world gather for events to raise awareness about the dangers of drinking during pregnancy and the multitude of individuals and families who struggle with Fetal Alcohol Spectrum Disorders (FASD). The first FASDay was celebrated on

9/9/99, 26 years after FAS (Fetal Alcohol Syndrome) was first diagnosed. This day was chosen so that on the ninth day of the ninth month of the year, the world will remember that during the nine months of pregnancy, no alcohol is best.

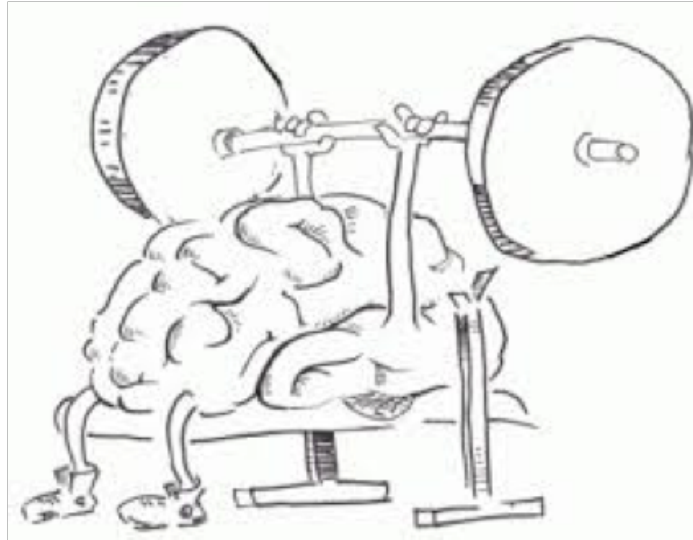
This year on September 9th, The Edmonton Fetal Alcohol Network Society will be celebrating the 15th annual FASDay by hosting a Mocktail and information session. Come out and join us for Mocktail and prevention conversation at the Beaver Hill Park located at Jasper Avenue and 105 St. from 11:00 am to 1:00pm in support of healthy pregnancies!



Mocktail Madness!

International FASD Day
September 9, 2014

Join us at Beaver Hills Park
(10404 Jasper Ave., 105 St.)
from 11:00 - 1:00 to help
promote FASD Awareness
while enjoying free mocktails



Working Memory Training Opportunities for Children Between 4 to 13 Years Old

Working memory is an important skill that helps children meet daily demands in the classroom. For example, children use their working memory when they are asked to keep multiple-step instructions in mind and use that information to solve a problem or complete a task.

In this study, we offer a 5-week computerized working memory training (Cogmed) for eligible participants.

To be eligible for this study, your child MUST be between 4 and 13 years old, use English as the first language at home, AND fulfil one of the following criteria:

1. For FASD group: Children have a confirmation of prenatal alcohol exposure with or without a formal diagnosis of FASD.
2. For Preterm group: Children born with gestational age ≤ 32 weeks and/ or birth weight ≤ 2500 g.
3. For Control group: Children are developing typically. Have no known genetic disorders (e.g., Down syndrome) and other neurodevelopmental disorders (e.g., autism) and significant motor/ sensory impairments (e.g., cerebral palsy, blindness).

If you participate in this study, you and your child will come to the Glenrose Rehabilitation Hospital 3 times to take part in tasks testing your child's IQ, attention and working memory.

Your parking on the testing days will be compensated and your child will receive a small toy and a \$25 gift card at the end of each testing session.

If you have any questions about this research or are interested in participating in this study, please contact: Clara Lee at 780-735-7999 extension 15546 or email at clara.lee@albertahealthservices.ca.

Personal Hygiene

1. Begin a daily personal hygiene routine with the child with FASD at an early age. By establishing a routine, the individual does not have to remember when the last shampoo occurred or determine if a bath is needed.
2. Brush your teeth with tooth paste twice a day
3. Wash your face daily with lukewarm water and a face cloth.
4. Shower or bath every day.
5. Squirt a toonie sized amount of shampoo into your hand and rub it into your hair and scalp. When you are finished working the shampoo into your hair, place your hair underneath water, and run your fingers through your hair to rinse it out. Repeat the same steps with conditioner, however leave the conditioner in your hair for at least two minute. While waiting to rinse out the conditioner, start your body wash routine. Use bar soap or body wash to cleanse and freshen up your body. When hopping out of the shower, all shampoo, conditioner, and soap should be rinsed off of your hair and body.
6. Put lotion on your body after your shower.
7. Use cotton swabs to clean your ears after your shower. Be careful to only place the tip in your ear.
8. Brush your hair after you have had a shower and first thing in the morning.
9. Put deodorant on every morning.
10. Put clean clothes on every morning.
11. Post hygiene routines inside the door of the medicine cabinet so that it can be used daily but out of sight.
12. Post a homemade STOP sign on the bathroom door that lists the crucial items that must be done before leaving the room.
13. Use timers for showers and teeth brushing.
14. If overly long showers are a problem, put a timer in the shower that shuts the shower off.
15. Place numbered stickers on items in sequential order (i.e.; 1 - shampoo, 2 - conditioner, 3 - body wash, etc.-)
16. Color-code and/or label items such as towels, toothbrush, comb, etc. for quick identification.
17. Do not walk barefoot on the city streets and sidewalks.
18. Do not use other people's shoes unless they have been sanitized or you have clean socks.
19. Wash your hands every time you use the washroom, and prior to preparing or eating food.
20. If overfilling the tub is a problem, use indelible ink to draw a line on the bathtub to prevent the individuals from overfilling the bath.
21. Keep that hot water tank temperature down or invest in a scald-guard faucet. This is essential for individuals with FASD who do not have a normal sense of pain and temperature.
22. Have family members model taking care of grooming needs in view of the individual, and talk about how important and enjoyable grooming is.

