



Care for the Caregiver

- 1) As a caregiver, it's not uncommon to put the needs of your child before your own. But, your child's unique needs and challenging behaviour may cause you to feel fatigued and lacking in energy. Take time out for yourself.
- 2) Get a good night's sleep and exercise.
- 3) Don't take your child's behaviour personally: Remember that your child's tough behaviour is a symptom of their FASD, not a reflection of you as a parent.



- 4) Try to see the humour in your child's behaviours. Laugh often.
- 5) Find someone to talk to who understand what it's like living with children with FASD.
- 6) Connect with other parents of children with FASD. Join a support group.
- 7) Share the responsibility of childcare with someone you trust and swap childcare for your children.
- 8) Ensure that caregivers are able to maintain the structure and routines for your child.
- 9) Delegate task. Have someone else pick up the mail, mow the lawn, shovel snow, get groceries, make meals, and so on.
- 10) Let your family is aware of the challenges associated with raising a child with FASD.
- 11) Remind family that you may need to skip large family functions if your child is unable to cope. Do not let them make you feel guilty for not attending.
- 12) Try Laughter Yoga
- 13) Always remind yourself of the positive attributes your child possesses and concentrate on those.
- 14) Connect with Community Resources available to you.
- 15) Learn about FASD and parenting strategies.

