

# Structure, Routine, Consistency

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Issue 2



Are you looking for more information or support? Call us!  
**506-862-3783**

## SELF-CARE

Connecting with other parents is a great way to learn more about FASD and to meet people who understand the challenges (and rewards!) of caring for children and youth with FASD.

Jeff Noble (FASDForever.com) has a great online community on Facebook:

<https://www.facebook.com/fetalalcoholforever>

## Concept of time:

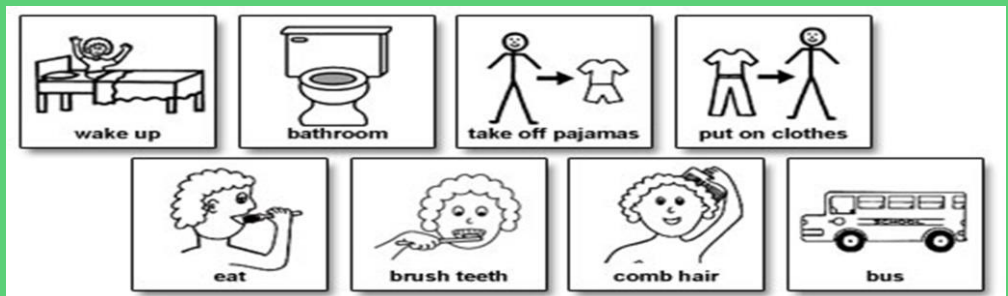
- ✓ Time can be an abstract concept. Help your child understand time better by making time *concrete* and *visual* (calendars, schedules, visual timers, alarms, etc.).
- ✓ Many individuals with FASD do not have an “internal clock” or natural sense of time, i.e. five minutes may seem like an hour.

## Structure, Routine, Consistency:

- ✓ It is helpful to have a **consistent** daily routine in place at home. Provide a structured schedule, whenever possible.
  - If your child does not understand time, routines such as set mealtimes can help them understand what the day will be like.
- ✓ Help your child to plan and organize by breaking down the tasks in your schedule.
  - Children with FASD often have inconsistent memory. Use visuals to remind them of routines.
- ✓ Many children with FASD struggle with anxiety. Consistent and predictable routines can be helpful!

## Helpful Strategies

- Visual Schedules (morning, after school, bedtime)



- Timers (oven clock, visual timer, egg timer, etc.).
- Break down every task into simple, easy to follow steps!

## Resources

- Teaching about Time (Lutherwood): <https://www.fasdwaterlooregion.ca/strategies-tools/sub-page-test-2/teaching-about-time>
- Creating Visuals: <http://connectability.ca/visuals-engine/#content>

(Healthy Child Manitoba, What parents and caregivers need to know about FASD)