

Back to School

September 2018

Issue 18



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

Here are a few tips to help you and your family start off the school year:

Communication

- **Connect** with your child's teacher early in the year, or in August before school starts;
 - Remember: YOU are the expert of your child and you have valuable information and experience that can be helpful for the school team!
- **Make a plan** for regular communication with your child's teacher to stay updated on your child's progress and/or challenges at school;
- **Keep notes** of your meetings with the school team as a reference for your next meeting. This can be helpful for following up on issues or new strategies being implemented.

Education for the school

- Let your school know that the NB FASD Centre of Excellence is available for school-wide training or can meet educators individually to discuss your child's needs;
- Provide resources on FASD for your child's teacher and school team:
 - What Educators Need to Know about FASD
http://www.gov.mb.ca/healthychild/fasd/fasdeducators_en.pdf

Transition tips for your child

- Contact the school to ask if you can meet the new teacher and visit the classroom. You could also visit the playground and practise walking to the bus stop;
- Transition back to your regular bedtime and morning routines as soon as possible. Aim to start 2–3 weeks before school starts;
 - Use visuals to provide reminders of routines!
<https://www.fasdwaterlooregion.ca/strategies-tools/sub-page-test-2/routine-and-consistency>
 - Picto-Selector is a great, free program with visuals:
<http://www.pictoselector.eu/>

SELF-CARE

The house will probably be quieter, so take time to:

- Take a walk around the neighbourhood;
- Sit or lie down, close your eyes, breathe deeply and just be.

Breathing exercise:

Take a deep breath in through your nose, filling your lungs and extending your belly, and hold for 3 seconds. Exhale slowly through your mouth, as if you were filling up a bubble gently until there is no more air in your lungs.

Repeat 5 times.

Recommended resources for schools:

- All About Me (filled out by you and your child) (http://www.fasdnetwork.org/uploads/9/5/1/1/9511748/all_about_me..pdf)
- 8 Magic Keys to Supporting Individuals with FASD (<http://haltonfasd.ca/wp-content/uploads/2015/09/8-Magic-Keys-to-Supporting-FASD.pdf>)
- Dear Teacher (https://www.vitalitenb.ca/sites/default/files/documents/tsaf/fasd_dear-teacher-EN.pdf)
- Fetal Alcohol Spectrum Disorders handbook (<https://www.usd.edu/-/media/files/medicine/center-for-disabilities/handbooks/fasd-handbook.ashx?la=en>)