

SHARING MY STORY

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

SELF-CARE

- Find a safe person to talk to about FASD.
- Try to find humour when you can.
- Remember to laugh.
- Try your best to NOT take things personally.
- Think like a pro athlete – shut out the behaviours and try to figure out what the triggers are.
- Take a moment by yourself to reflect and fine tune how you're going to deal with the situation at hand.
- The quicker we abstain from our anger – the quicker they will abstain from theirs.

This is a poem written by someone with FASD.

Take my hand and come with me, I want to teach you about FASD. I need you to know, I want to explain, I have a very different brain.

Sights, sounds, and thoughts collide. What to do first? I can't decide. Please understand I'm not to blame, I just can't process things the same. Take my hand and walk with me, let me show you about FASD. I try to behave; I want to be good, but I sometimes forget to do as I should. Walk with me and wear my shoes, you'll see it's not the way I'd choose.

I do know what I'm supposed to do, but my brain is slow getting the message through. Take my hand and talk with me, I want to tell you about FASD. I rarely think before I talk, I often run when I should walk. It's hard to get my school work done, my thoughts are outside having fun. I never know just where to start, I think with my feelings and see with my heart.

Take my hand and stand by me, I need you to know about FASD. It's hard to explain but I want you to know, I can't help letting my feelings show. Sometimes I'm angry, jealous, or sad. I feel overwhelmed, frustrated, and mad. I can't concentrate and I lose all my stuff. I try really hard but it's never enough. Take my hand and learn with me, we need to know more about FASD.

I worry a lot about getting things wrong, everything I do takes twice as long. Every day is exhausting for me... looking through the fog of FASD. I'm often so misunderstood, I would change in a heartbeat if I could. Take my hand and listen to me, I want to share a secret about FASD. I want you to know there is more to me. I'm not defined by it, you see. I'm sensitive, kind and lots of fun. I'm blamed for things I haven't done. I'm the loyalist friend you'll ever know, I just need a chance to let it show. Take my hand and look at me, Just forget about the FASD.

I have real feelings just like you. The love in my heart is just as true. I may have a brain that can never rest, but please understand I'm trying my best. I want you to know, I need you to see, I'm more than the label, I am still me!

~Author Unknown

Recommended resources for schools and families:

Live abilities, create possibilities – <http://www.betterendings.org/about-live-abilities.html>;
<http://www.betterendings.org/fetal-alcohol-what-is-fas.html>

Drawing Hope – Living with FASD - <https://www.fasdoutreach.ca/resources/print/for-educators-curriculum-resources/living-with-fasd-drawing-hope>

Aboriginal Approaches: Fetal Alcohol Spectrum Disorder –
Http://www.ofifc.org/sites/default/files/docs/20080101_Aboriginal_Approaches_FASD.pdf