

Welcome to the first monthly Newsletter by the New Brunswick FASD Center of Excellence! We will focus on one topic each month with tips and information for families. Please feel free to send us your suggestions, questions or ideas!

BACK TO SCHOOL

September, 2016

Issue 1



Are you looking for more information or support?
Call us!

Aboriginal Liaison
Cynthia Sewell
(506) 547 2066
Cynthia.sewell@vitalitenb.ca

Northern NB/ Campbellton
Natacha Landry
(506) 789 7006
Natacha.landry2@vitalitenb.ca

West/ Fredericton
(506) 862 3783

East/ Moncton
Maria DesRoches
(506) 869 3572
Maria.desroches@vitalitenb.ca

South/ Saint John
Andrea Gauthier
(506) 674 4302
Andrea.gauthier@vitalitenb.ca

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 Center of Excellence is available for school-wide training, or can meet to discuss your child's needs individually;
- Provide resources on FASD for your child's teacher and school team:
 - What Educator's 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 visit the new classroom and teacher. You could also visit the playground, and practice 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!
<http://www.fasdwaterlooregion.ca/strategies-tools/routine-and-consistency>
 - Picto- Selector is a great, free program with visuals:
<http://www.pictoselector.eu/>

Family Fun!

Start a fun back-to-school tradition with your family. This could be a picnic and a day at the beach or a family movie night!

Upcoming Events and Training

❖ September 9th is International FASD Awareness Day!

First Nations

-FASD Day

On FASD Day September 9, 2016 the NBCC Miramichi Aboriginal Student Advisors Office through Constance Sewell, in conjunction with the NBCC Miramichi Nursing Program under Dora MacTavish are Hosting "Mocktails" for their campus students and providing information on FASD at the college.

Mi'gmaq Drumming & Chanting Session" with children from Pre K to after school at the Papineau Head Start Building, at 1280 Papineau Falls Road, Panineau First Nation from 15h00-16h00.

East- Moncton/Miramichi

-September 9th - Free BBQ (while quantities last) at Assumption Place, Main St., Moncton

-Rain or shine; all are welcome!

Parent Support Group (Miramichi), Sobeys, King George Highway, September 13th time-18h30-20h00

Parent Support Group (Moncton), Sobeys, Elmwood Dr., September 29th time-18h30-20h00

North/ Campbellton

-FASD Day

South/ Saint John

-September 9th - Public workshop on FASD- 11am-12pm

Saint John Public Library- Central Branch

-October, 2016- 3-Session Educational Group for Parents and Caregivers

Self-Care

Flight attendants give us a great reminder about parenting: put your own oxygen mask on before helping others. We need to look after our own needs to be able to care for our children the best we can. Read more: <http://www.fasdwaterlooregion.ca/strategies-tools/care-caregiver>