



You want more information or support? Call us!

506-862-3783

Time

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Number 16

Remember that the eight essentials for success remain just as important in a child's development!

<https://www.mofas.org/2014/05/eight-essentials-for-success/>

Source: [PowerPoint presentation by the New Brunswick Fetal Alcohol Spectrum Disorder \(FASD\) Centre of Excellence](#)

It's important to remember that the child is not the problem; instead, they're experiencing challenges. Therefore, rather than changing the child's behaviours, the key is to change the environment to meet the child's needs.

- Time is an abstract concept. That's why it's important to guide a child by using lots of visual materials and by maintaining a routine. Time governs our everyday living, with hours, weekdays and weekends; with changes, meals and transitions; with going from one class to another and one activity to another, etc.
- With summer vacation fast approaching, it's very important to prepare children living with FASD for the coming changes and transitions.
 - > School ending and summer vacation beginning often means an end to routine. However, for a child to function well, you have to retain as much routine as possible, wherever they go. Also, longer days means longer daylight. This makes it necessary to prepare your child for bed with calmer activities while also maintaining a routine (reading together, listening to gentle music, etc.). The longer daylight can also pose sensory challenges. Doing things such as putting up heavier curtains can help prevent unwanted behaviours, etc.
- A calendar, visual schedule, timer, alarm, etc. are good tools for guiding an individual living with FASD. These can help ease the difficulties around understanding the concept of time (e.g. anxiety, uncertainty, anger, poor self-esteem).
- When they hit their teenage years, young people often don't want to use a timer or pictograms anymore. This makes it important to find methods that can provide external support in dealing with time. Some watches or cell phones can, for example, give reminders. A watch or cell phone could vibrate to indicate to the young person that it's time to take their medication, brush their teeth, take their bath or go to an appointment. The goal is not independence but interdependence. This allows the child or teen to feel more in control, which can in turn help improve their self-esteem.

