Living With FASD

Spring 2007

FASD Support Network
of Saskatchewan Inc.

The future is not some place we are going, but one we are creating. The paths are not to be found but made. And the activity of making them changes both the maker and the destination.

John Schaar

FASD Support Network of Saskatchewan Board Members and Staff

Board Members and Staff at a Planning Meeting

Back row: Beverly Palibroda, Kim Skidmore, Lisa Brownstone, Sandy Overs, Angela Schmolke, Rae Mitten, Trudy Shingoose. Front Row-Marilyn Macdonald, Shirley Hellquist, Marion Tudor, Sylvia Nagy.
Board members not pictured: Sharon Taylor and Anita Grosse.

Staff Contact Information

Angela Schmolke

Executive Director
Toll Free 1-866-673-3276
In Saskatoon (306) 975-0884
fasdnetwork@sasktel.net

Megan Wood

Mentor Advocate
(306) 975-0806
Cell (306) 717-0589
fasdmentor@sasktel.net

Beverly Palibroda

Communications Coordinator
(306) 975-0806
fasdcommunications@sasktel.net

Living with FASD
Spring 2007

Publication Committee

Beverly Palibroda, Kim Skidmore, and Sylvia Nagy.

Living with FASD is published twice yearly by the FASD Support Network of Saskatchewan Inc. This publication is a benefit of membership. Memberships are available for $15.00. Please support us by contacting the office to become a member of the Network.

Article Submission

The next issue of ***Living with FASD*** will be distributed in the Fall of 2007. The deadline for submissions is August 15, 2007. The Network welcomes personal stories, poetry, photos, article reviews or research findings. To discuss submissions or story ideas please contact Beverly at 975-0806 or by email fasdcommunications@sasktel.net.

We are online!!

To access additional articles, information and resources prepared by the Network, please visit our website at

www.skfasnetwork.ca

President’s Message

by Marion Tudor

My term as president of the Network will be completed at our next AGM in June. This will be the last time I write a message to the readers of this publication. What an amazing amount of change there has been in the field of FASD in those six years. When I first became involved in the Network, we were at the point of knowing that parents and others needed strategies. The word about FASD was getting out to the community and many people had received basic information, thanks to the trainings and workshops being offered by the Saskatchewan Institute on Prevention of Handicaps (now the Saskatchewan Prevention Institute). People wanted to know more - what could be done about the behaviours and challenges that go along with FASD?

The Network went to work and started developing parent support materials in the form of FASD Tips, to supplement our publication, *Living with FASD*. What a long way we’ve come! There are now 20 FASD Tips sheets, each of them available in long form and as a pictorial brochure. We have a thriving organization with skilled and caring staff, a small newsletter produced 4 times per year and this publication which you receive twice a year. The Network office is bustling with activity on a regular basis, sending out information packages as requested by families and individuals with FASD, managing various projects, providing support to those involved with the Cognitive Disability Strategy…. and more.

As I write this, the Network is preparing to conduct a needs assessment in the form of an online survey. We want to know what is needed next. We know that there will always be those who haven’t heard the basics, and others who feel they know all they need to know. What about everyone else? What is the next step for parents and those working with individuals with FASD? What can the Network do to continue to move toward our vision for individuals with FASD and their families to recognize themselves as safe, supported, valued and contributing members of the community? There is still a lot of work to do and we are fully committed to continuing.

> I am happy to pass the torch on to others...

I wonder how many people have been involved with the Network during my time as president, helping us to move toward our vision. Too many to count or to mention for sure. Our board members, past and present, are to be thanked for their genuine commitment of time, creativity and energy. The progress achieved has been tremendous. As we move forward with our plans, we continue to have great support from those we work with in government; I truly appreciate that. We work in partnership with other agencies, particularly the Saskatchewan Prevention Institute, and value those relationships. Saskatchewan is a special place – huge in a geographical sense, but small enough that we can all work together to move toward our vision. Wonderful!

Life goes on. I am happy to pass the torch to others – extremely capable and committed board members who will step up to the plate and work with our great staff to continue to work toward our vision. I will no longer be president of this amazing Network, but try to stop me being involved in other ways! I still need the support of other parents as my adult children find their way. I am committed to helping with various projects that are exciting, new and important. I look forward to seeing support for individuals with FASD and their families continue to improve and become an integral part of the fabric of our communities.

To accomplish great things, we must not only act, but also dream; not only plan, but also believe.
—Anatole France

The board and staff have come to rely on the insight and wisdom of Marion as the president of our board. Her strong work ethic has inspired each of us to continue to work toward good things for persons with FASD and their families. Marion leads by example, always conducting herself with dignity and integrity, and always challenging us to think about the needs of individuals affected by FASD. Huge thanks to Marion for all she has done during her term as president.

FASD Support Network
Around the Office

A Message of Acceptance, Hope and Support

The Network is thrilled to announce the completion of our poster. A message of acceptance, hope and support is illustrated through the use of paper cut-out people and the Network signature sunflower. The sunflower is a symbol of the strength, resilience and uniqueness of each individual or family affected by FASD.

Posters are ready to be distributed throughout the province. It is our intention that public awareness of the Network and the services and supports available through the Network will be increased as community members see our posters.

If you would like to support our efforts to increase awareness and understanding of FASD, please contact the Network to receive posters to display in your community or workplace. Contact information on page 12.

FASD Support Network of Saskatchewan

No one harms their baby on purpose.

Up to 300,000 people in Canada may have FASD

We support people with Fetal Alcohol Spectrum Disorder and their families.

To find out more about Fetal Alcohol Spectrum Disorder call us.

FASD Support Network of Saskatchewan
1-866-673-3276

FASD Tips Available from the Network

The Network is happy to provide information about FASD to families, caregivers, support personnel, persons with FASD, professionals, students and community organizations. We have a range of materials and resources available. We are especially pleased that our most recent FASD Tips on the topics of sexuality, drug and alcohol use, legal issues and understanding FASD are now ready for distribution. We have a full set of 20 FASD Tips for Parents and Caregivers. Call the office for a copy of each Tip or visit our website at www.skfasnetwork to download and print.

The FASD Tips in a pictorial brochure format have also proven to be very popular. We have distributed the pictorial FASD Tips widely within Saskatchewan and even in many other provinces of Canada. If you are interested in receiving multiple copies for a presentation, a display or for a workshop please let us know.

How to Help a Child
be Successful at Camp

Articles, Reviews, and Websites

Website of Interest:

The Knowledge Network

The Knowledge Network delivers high quality educational programming in British Columbia. In addition to television programming, a wide variety of educational information is available on an easy to use website. Connect to the site to access a section on FASD:

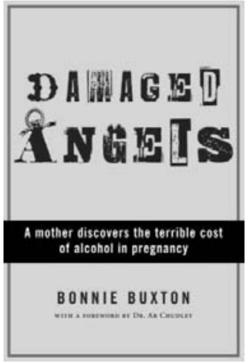
www.knowledgenetwork.ca/fasV/index.html

Click on **Enter Site** and then choose from the tabs. I suggest selecting **Webcast** to view the FACE Roundtable Webcasts from 2002 up to 2006. FACE (Fetal Alcohol Canadian Expertise) is a group of close to 200 researchers, program providers and stakeholders who are engaged in FASD prevention and intervention. Every year on September 9th, group members gather and present findings on the most current information about FASD. The webcasts are the next best thing to attending this annual event. You can also view the excellent production *FAS: When The Children Grow Up* by selecting the **Resources** tab. This documentary is extremely well done, has been aired on television, and is regularly used for training purposes across Canada.

Damaged Angels: A mother discovers the terrible cost of alcohol in pregnancy

Bonnie Buxton 2004

Review by Beverly Palibroda



I must admit, I love the stories of people's lives. I appreciate the dailiness of life as well as those huge life-changing moments that we each experience. In this book, Bonnie Buxton, a mother to a young woman affected by prenatal alcohol exposure, shares the stories of her family and other families affected by FASD. While each story is unique, there are some common themes. Through the years that I have been involved with families affected by FASD, I have learned from the families to cherish the joys and successes but also know that there will be grief, loss and significant struggles. Damaged Angels, illustrates this theme of tension between the joy and the pain of living with FASD extremely well.

I think this book has the potential to accomplish a great deal; there is a good mix of "life stories" along with practical suggestions for interventions, treatments, and analysis of social conditions that have created generations of alcohol affected citizens. Ms. Buxton skilfully blends the practical with the theoretical which makes this a useful book for parents, caregivers, and the general public as well as serving a purpose in academic or professional settings. It is often the case that service providers lack understanding of the family experiences, so perhaps the telling of family stories could go a long way in creating empathy and understanding for service providers and professionals. Damaged Angels may provide insight on the part of extended family members and professionals to better understand the complex experience of a family living with FASD. Living with FASD is often described as like being on a roller coaster. Most importantly this book will also help parents and caregivers learn from the experiences of others and will provide solace in knowing that others have lived the struggles and the joys of raising children impacted by prenatal alcohol exposure. They too have been on that roller coaster.

Ms. Buxton identifies some common denominators of parents who seem to be managing the roller coaster of progress and adversity. She identifies "total acceptance, knowledge, reduced expectations, commitment, creativity, a positive outlook, and —possibly most important—a whopping sense of humour." (259) I see all of these characteristics in Ms. Buxton and wish her well as she faces the future with her husband, adult daughters and grandchildren who are in her care. I highly recommend this book for a broad audience of readers, and can see readers coming back to this book again and again.

Bonnie Buxton with daughter Colette
© 2004 Brian Philcox
Photo used with permission

Community News and Activities

Mentoring and Advocacy in Saskatoon

By Megan Wood

Many of you who receive the Network News regularly have heard about the FASD mentoring and advocacy program, a project of the FASD Support Network of Saskatchewan. The project is now well underway and I have been invited to share some of the challenges, successes and day-to-day activities involved in the project. The Mentor-Advocate project is an 18 month pilot project funded by the National Crime Prevention Community Action Fund. The project aims to provide support for individuals in Saskatoon who are affected by FASD. In doing so, we hope to improve the quality of life, as well as reduce the risk of crime and victimization, among the individuals who participate in the project.

I began work as the Mentor-Advocate in October of 2006, and after several weeks of training started to slowly meet with individuals with FASD and become involved in their lives. My main roles include provision of direct support in the community for individuals with FASD and to help individuals access funding for permanent mentors or other unmet needs through the provincial Cognitive Disability Strategy.

At my busiest, I was providing support for 11 individuals. Since that time my role has changed in a few people's lives. For example, the Cognitive Disability Strategy has provided funding for one individual to have a permanent mentor, though I am continue to be involved in her life as a member of her support team and as a support for her new mentor.

Due to the high demand for mentoring and advocacy services, I quickly became so busy that an additional part-time mentor was contracted until the end of March. At this time the part-time mentor is supporting several of the individuals that I had worked with, as well as meeting with new referrals to the program. Currently I am providing direct support for 5 individuals in Saskatoon and helping 9 others step through the Cognitive Disability Strategy.

My days are kept busy with countless visits to coffee shops to chat with people about whatever may be going on in their lives. Coffee has become a great excuse to do all sorts of things like budgeting, drawing pictures about anger and what to do when you are angry, making up routines and schedules, role playing job interviews and practicing the skills many of us take for granted.

> I have received a great amount of support and input from families.

When I'm not at one of the many coffee shops in the city I am often attending appointments such as doctor's appointments, employment support appointments or probation meetings. It helps many of the people that I work with to have someone attend appointments and meetings with them. My support as a mentor-advocate helps individuals to successfully get to appointments and to better understand the events of the appointment. I often assist with communication difficulties. I can explain conditions on a Probation Order or ensure people understand directions given by doctors or pharmacists.

In addition to providing direct support, I also spend a fair bit of time in the office, communicating with families and professionals about the lives of the people I work with and how best to meet their needs. I have received a great amount of support and input from families. They have remarkable insight into their children's successes and challenges.

I have received great feedback thus far from families and individuals that I work with. It is difficult to measure whether or not a difference is being made in a person's life. However, small and large successes are constantly being achieved. One individual started a new job this month and has made it through two weeks despite great anxiety at being placed in a new situation with new expectations. One individual just stood up in a room full of people and talked about how FASD has affected her life and how she has faced her difficulties. Another individual has managed to make it to all of his probation meetings in the past 3 months, and has remained drug free for the same amount of time. After many weeks of reading together at the library, a young girl took 3 library books home to read on her own. These are great successes. They may be small, but I believe they show what amazing drive and motivation some of the individuals I work with have, and what can be achieved when supports are in place in all areas of life.

Community News and Activities

Literacy and Life Skills for Aboriginal Children and Youth with Fetal Alcohol Spectrum Disorder

With funding received from the Social Sciences and Humanities Research Council (SSHRC), University of Saskatchewan researchers, Rae Mitten and Linda Wason-Ellam, have begun a three year interdisciplinary research project. The project is designed to help teachers, parents and other service providers find culturally respectful and effective ways to teach reading, writing and other life skills to Aboriginal children and youth with FASD. It is thought that effective learner-centered teaching practices will improve literacy and life skills and will improve the outcomes for aboriginal children and youth affected by FASD.

According to the Saskatchewan Literacy Network "Literacy affects every part of our lives. Literacy builds the foundation of lifelong learning that helps people to draw on the gifts of mind, body, heart and spirit to work toward personal and family goals and community responsibility. Literacy has a big influence on our health and well-being, our sense of personal security, and participation in our community and society."
http://www.sk.literacy.ca/facts.htm

"Literacy affects every part of our lives."

For aboriginal children and youth affected by FASD it is important to address both cultural needs related to learning, as well as the needs arising due to the specific learning characteristics associated with FASD.

The FASD Support Network of Saskatchewan is pleased to be a partner in this project along with two Elders and a number of co-investigators. We look forward to the results of this promising research.

For more information please contact Rae Mitten, Native Law Centre, University of Saskatchewan; Phone: 306-966-6200 ext.7568; Email: hrm752@mail.usask.ca.

FASD Speakers Available for Community Events

Joining forces in 2004, two provincial organizations, the Saskatchewan Prevention Institute and the FASD Support Network of Saskatchewan established the FASD Speakers Bureau. The Speakers Bureau is a group of trained individuals with a diverse range of expertise in the field of FASD.

Since the extensive initial training, members of the Speakers Bureau have ensured they remain current by attending further training. This is important as it promotes a more advanced understanding of FASD that can be shared with others.

The members have successfully assisted numerous communities and organizations to increase awareness and understanding of FASD. Whether the goal is to reach a specific audience or the general public, there is likely a speaker to meet your needs. The individuals involved in the Speakers Bureau can share expertise, inform and inspire your group, and help work to promote social change around issues related to FASD.

If you are interested in booking a speaker for a community event, workshop, or specific training session, please contact Laurie Brand to discuss your needs. Laurie will be happy to answer questions and assist you in booking a speaker.
Phone: 306-655-4077
Email:
lbrand@preventioninstitute.sk.ca

National FASD News, Research and Stories

An Inventory of FASD Projects Across Canada

The FASD Project Inventory is a project of the Canada Northwest Research Network. The Project Inventory is comprised of a database of FASD projects that have been implemented or are underway in the four western provinces and the three northern territories.

The purpose of the FASD Project Inventory is to facilitate knowledge sharing among the various partners in the Canada Northwest region and beyond. The Canada Northwest FASD Research Network continues to actively seek out additional submissions of FASD research or projects. Projects can be added to the database by submitting information online using the submission form or by sending the information by Email to Jan Lutke, Clinical Research Manager jlutke@cw.bc.ca . The database will continually be changing as projects are added.

It is amazing to search through the various projects and see the wealth of ideas and knowledge around FASD in the northwest region. This is an excellent means of gaining information and helping to ensure that ideas can be shared and the lessons learned from one project can be transferred to other similar projects. Projects include those related to FASD prevention, diagnosis and intervention.

To access the project inventory visit www.fasdnetwork.ca/ and select Research Database from the options.

Publication of Canadian Guidelines for Diagnosis will aid Individuals and Families Living with FASD

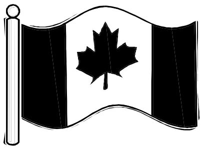
In March 2005 the Canadian Medical Association Journal published *Fetal alcohol spectrum disorder: Canadian guidelines for diagnosis.* These are the first guidelines developed for diagnosis within the continuum of Fetal Alcohol Spectrum Disorder (FASD). It is intended that the "guidelines and recommendations will be used to facilitate training of health professionals, improve access to diagnostic services and facilitate referral for intervention and treatment for all people and families living with this disability." (Reference: CMAJ March 1, 2005 S14). The guidelines will help to achieve a more consistent approach to the complex process of diagnosis and assessment throughout Canada.

What we know about FASD and the diagnostic process is continually changing. We do certainly know that the best approach to diagnosis and assessment is through a multi-disciplinarian team. The guidelines will be a useful tool for those involved in the various disciplines related to FASD diagnosis and assessment. It is acknowledged that providing a diagnosis is only one part of the process, follow-up is also necessary. The guidelines include information and recommendations on intervention and follow-up as well.

The terms used when speaking about disabilities associated with prenatal exposure to alcohol can cause confusion. The term FASD is not intended as a diagnostic category, but is an umbrella term used to describe the range of disabilities that can occur as a result of prenatal exposure to alcohol. The guidelines include the criteria for a diagnosis of fetal alcohol syndrome (FAS), partial fetal alcohol syndrome (pFAS), and alcohol related Neurodevelopmental disorder (ARND). (Reference: CMAJ March 1, 2005 S1).

To read the full text PDF article of Fetal alcohol spectrum disorder: Canadian guidelines for diagnosis online, visit the Canadian Medical Association Journal website at http://www.cmaj.ca/ and select March 2005 in the past issues tab. If you would like to obtain a paper copy call the Public Health Agency of Canada at (613) 957-3436 and request this document.

Fetal alcohol spectrum disorder: Canadian guidelines for diagnosis. Albert E. Chudley, Julianne Conry, Jocelynn L. Cook, Christine Loock, Ted Rosales and Nicole LeBlanc. Canadian Medical Association Journal. (March 2005).



National FASD News, Research and Stories

Prominent Saskatchewan Judge, Mary Ellen Turpel Lafond, Accepts Position in British Columbia

Countless families have faced the stressful experience of a loved one affected by FASD becoming involved in the criminal justice system. The lack of understanding and awareness of FASD as a disability within the justice system worsens an already difficult and confusing situation. Those in the FASD community in Saskatchewan had, through the years, come to recognize Judge Mary Ellen Turpel-Lafond as a supporter and advocate for justice for young offenders affected by prenatal alcohol exposure. Judge Turpel-Lafond spent 9 years in the criminal courts of Saskatchewan and during this time made a real difference in increasing the awareness of FASD in the Saskatchewan justice system. For this reason, the news of Turpel-Lafond's departure from Saskatchewan to British Columbia is extremely disappointing.

Speaking recently at the International FASD conference in Victoria, BC, Turpel-Lafond explained that in her new position as a provincial Representative for Children and Youth in British Columbia, she will work to advocate for the needs of the most vulnerable children and youth who are in government care.

According to information on the Representative for Children and Youth website, in January 2007, there were 9,269 children and youth in care in BC. In this new position, Ms. Turpel Lafond will certainly have opportunity to continue to demonstrate her commitment to a belief that "every child is perfect" and that "every child deserves to be safe."

While in Saskatchewan we have lost a supportive and thoughtful judge, the Network is hopeful and continues to work to increase the awareness and understanding of FASD within the justice system. It is imperative that judges, lawyers, law enforcement personnel and others involved in the justice system have an understanding of FASD, the lifelong implications, and the associated cognitive disabilities. The work that Turpel-Lafond has done will be continued by other caring and committed persons working in justice.

To find out more about the work that will be done by the Representative of Children and Youth visit the website at www.rcybc.ca.

"Every Child is Perfect..."

Creative FASD Prevention Activities in Inuit Communities

An informational FASD prevention resource kit has been developed by the Paukuutit Inuit Women's Association. All materials in the kit depict the theme of "Before I was Born." The kit includes a video, radio play, facilitator's guide, printed viewing guide, poster and other facilitation materials in several languages including two dialects of Inukitut.

The resources were developed with the input of many Inuit and are therefore culturally appropriate and relevant to the communities in the far north. It is great to see the communities creating materials that are meaningful and approaching the topic of FASD in a way that works for them. For more information on the "Before I was Born" prevention materials please contact the Pauktuutit Inuit Women's Association
131 Bank Street, Floor #3
Ottawa, Ontario
(613) 238-3977
Email Pauktuut@pauktuutit.on.ca

International News, Research and Events

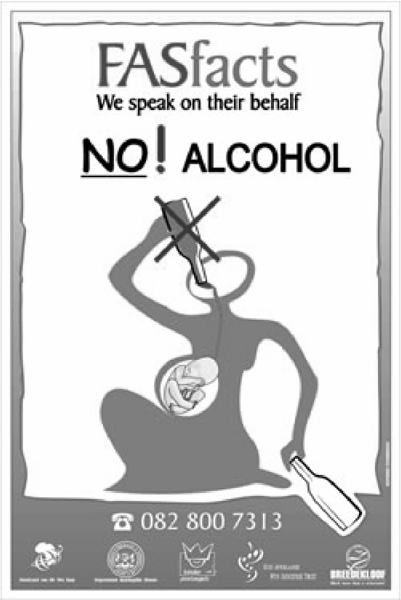
FASD Prevention and Awareness in South Africa

The American Journal of Public Health (Vol 90, Issue 12) released a report stating that the rates of Fetal Alcohol Syndrome in South African communities are 18 to 141 times greater than the rates in North America. These epidemic proportions are thought to have been worsened by the now banned practice of wealthy vineyard owners paying the wages of impoverished labourers in wine rather than cash.

As a means of addressing the high rates of FASD related diagnoses, a number of projects are underway throughout South Africa. Of interest is the community based organization FASfacts. The aim of FASfacts is to educate the general public about the effect of alcohol consumption during pregnancy as well as the lifelong implications of prenatal alcohol exposure. Strategies to increase understanding and awareness of FASD are thought to decrease the rates of drinking alcohol during pregnancy and also improve outcomes for those already affected. Some of the activities of this community based organization that are being implemented include:

- A prevention campaign in schools making use of experiential activities, posters, work sheets, bracelets, RAP-songs, and T-shirts.
- A prevention campaign for adults making use of experiential learning and life skills activities.
- Awareness campaign using posters in relevant languages and strategic places.
- Regular inclusion of articles and advertisements in newspapers, magazines and other relevant information sheets of companies, factories, farms, and communities.
- Regular radio and television talks which include jingles.
- Industrial theatre as a vehicle to increase awareness.
- Use of electronic media, especially the computer and internet in the awareness campaign.
- Implementation of "Adopt a Pregnant Woman" project. Families are encouraged to care for a pregnant woman and help her abstain from alcohol.

This is a fascinating and encouraging move toward increasing the knowledge of the public in South Africa. While much work remains to be done around the issues of justice, equality, employment and poverty, it is clear that this community based organization is willing to tackle the issue of FASD with great creativity and energy. It is inspiring to see the efforts of committed citizens from around the world.



Training Pediatricians in the United States of America

While research in the U.S. has identified that accurate and early diagnosis of the fetal alcohol syndrome is important for secondary prevention, intervention, and treatment, many pediatricians lack the expertise to recognize the characteristic features of this disorder. To address this problem, pediatricians were provided with a training session and as a result of training, were able to be reasonably accurate in diagnosing fetal alcohol syndrome.

Lack of FASD Awareness of in Japan

Drinking alcohol is becoming more accepted for many women in Japan. However, there are few organizations that help and support women who become addicted and there are even fewer sources of information about the harmful affects of prenatal exposure to alcohol. Efforts to increase understanding of FASD include the creation of a website about FASD in Japanese.

FASD: Questions and Answers

by Kim Skidmore

Q. I have heard presenters talk about the "External Brain" and how an external brain can help children, youth and adults with FASD. Can you tell me more about this idea?

A. The term, external brain, was first used by Dr. Sterling Clarren. The idea of an external brain, is that external cues take the place of complex brain functions in individuals with a brain injury like FASD. We know that a brain injury changes the structure and function of the brain. Strategies that compensate for the brain injury help an individual to make sense out of life and make it easier to learn and remember. Because of brain differences people with FASD have trouble with abstract ideas and executive functioning activities like remembering appointments, managing time, problem solving, or organizing the steps in everyday tasks. Some examples of how external cues support these activities might help you understand this idea.

In our family we are all each others external brains! We rely on family members to keep each other on track. "Dad, don't forget it's garbage morning." "Kaylum, remember your library books." " Mom, remember I have basketball after school today." To me, this is part of being a healthy functioning family that looks out for each other.

Six of my children, aged 11, 13, 14, 15, 16, and 28, have been diagnosed with an FASD. To support their brain differences and their issues concerning short term memory loss, we have become very creative at home and at school and have found ways that help set the kids up for success.

I like to use a lot of visual cues at home. Kozmic Visual Connections is a company that promotes useful and inexpensive kits with picture cues and charts. The materials are colourful, simple and respectful and laminated so they can withstand daily use. I hang the charts around our home wherever they are needed. In our bathroom, the shower routine hangs in the shower stall and the taps are labeled Hot and Cold; the toilet routine is posted by the toilet and the hand washing routine is hung by the sink. In the kitchen, a hot spot for many confrontations, the kit with anger management skills hangs on my cupboard. I appreciate that the charts take some of the nagging out of my parenting.

Over the years I have seen teachers do creative things that have helped my children gain confidence and be successful in the classroom. In grade one Jesse needed help learning to regulate his behaviour. His teacher taped a small chart on his desk. She personalized it by including a picture of a truck and his name on it. When Jesse was behaving in a positive manner, she would come over and put a check mark, if his behaviour was crossing over into the negative she would put an x . To the teacher's credit he always brought the paper home with more check marks than x marks. This solution helped Jesse to learn to regulate his behaviour.

My son, Kerry, found it hard to transition from grade 2 to grade 3. He would challenge his new teacher about everything she did that was different from last year. Kerry is a very concrete thinker so we had to come up with a strategy that was simple but firm. I remembered how effective Jesse's chart on his desk had been. Kerry's new teacher and I met and we came up with six simple "jobs" for Kerry and his teacher. The list of jobs was laminated and taped on his desk. The list served as a reminder and left no room for doubt about what his job was and what his teacher's job was.

In grade 9, my daughter Kate was having problems remembering what homework she needed to do and when it needed to be done. The school started a great strategy for Kate. Every Friday each teacher would write down on a single sheet of paper the homework that needed to be done and when it was due. Kate was soon on track with her homework and her assignments were handed in on time.

Similarly, date books and agendas are wonderful tools for keeping track of life; appointments and important events can be added quickly and easily. Our adult daughter often forgets to look in her day book. What works for her is to also write the appointment in my date book. That way she has my brain to back hers up! In addition to these strategies, I am a big believer in white boards for messages and reminders, and labels on drawers to help stay organized. One of my favorite examples of an external brain that has worked well for my children comes from author, Liz Lawryk. She suggests that the child's palm is the perfect place to write messages. (their very own palm pilot!) These are just a few examples of how external cues have helped my children gain confidence and experience successes each and everyday at home and in school.

Kim Skidmore is a creative parent who has gained much insight into FASD over the years. She is generous with her knowledge and has supported many other parents and professionals to learn more about FASD. Kim is a member of the Network Board of Directors and a member of the Saskatchewan Speakers Bureau. She has developed a reputation as a wise, funny and down to earth speaker. Thanks so much to Kim for responding to the question in this issue of *Living with FASD*.

Upcoming Events And Learning Opportunities

For further event information contact the Network

Madness, Citizenship & Social Justice: a human rights conference
May 10 - 12, 2007 Vancouver, British Columbia
The objective of this conference is to provide a forum in which critical topics and issues related to madness, citizenship, human rights and the role of professions can be explored across intersecting positions and perspectives.
Website: http://www.sfu.ca/madcitizenship-conference/index.htm
E-mail: menzies@sfu.ca

8th Annual Fetal Alcohol Canadian Expertise (FACE) Research Roundtable
Sept 7, 2007 Winnipeg, Manitoba
This year's FACE Research Roundtable is organized by the Motherisk Program in cooperation with Healthy Child Manitoba and Brewers of Canada.
Website: http://www.motherisk.org/JFAS/econtent_conferences.jsp

International FASD Awareness Day
September 9, 2007 Events Held Worldwide
First held on September 9, 1999, FASD Awareness Day events are held worldwide and events are organized by local communities to raise awareness about Fetal Alcohol Spectrum Disorder.
Website: http://www.fasworld.com/getinvolved.asp

Prevention Matters Conference
October 22-24, 2007 Saskatoon, Saskatchewan
Hosted by the Saskatchewan Prevention Institute. Conference themes: Childhood Injury; Parenting; Alcohol, Tobacco and Other Drugs; Maternal and Infant Health; Reproductive Health; Self Care and Motivation; Work and Family Balance; Learning Disabilities and Resources; High Risk Situations and Solutions; Child and Youth Development.
Contact: Pam Barker Tel: 306-655-2516 Fax: 306-655-2511
Website: http://www.preventioninstitute.sk.ca/ and click "Events" section
E-mail: pbarker@preventioninstitute.sk.ca

8th Annual Gentle Teaching International Conference
September 12 -14, 2007 Saskatoon, SK
Contact: Connie Jones 306-384-5671
Email: info@gti07.com
Website: http://www.gti07.com/indexnew.html

Issues of Substance 2007
November 25 - 28, 2007 Edmonton, Alberta
Hosted by: The Canadian Centre on Substance Abuse
CONTACT: Call 613-235-4048 ext 243
Or visit http://www.issuesofsubstance.ca/IOS/EN/

FASD Support Network of Saskatchewan Inc.

510 Cynthia Street
Saskatoon, SK S7L 7K7

Toll Free:1-866-673-FASN (3276)
In Saskatoon: 975-0884

fasdnetwork@sasktel.net
www.skfasnetwork.ca

The vision of the FASD Support Network of Saskatchewan, a parent-led organization, is for individuals with Fetal Alcohol Spectrum Disorder and their families to recognize themselves as safe, supported, valued and contributing members of the community.

To reach this vision we provide support to people with Fetal Alcohol Spectrum Disorder, their families and circles of support by:

- Providing information and education
- Promoting early assessment, diagnosis and intervention
- Advocating for the development of life-long support services for individuals with FASD
- Establishing partnerships
- Working to increase awareness of FASD