



MANAGING BEHAVIOUR

FASD BEHAVIOURS

- Children with FASD have *permanent* brain damage. This can lead to difficult behaviour including temper tantrums, hyperactivity, or difficulty paying attention.
- It's important to remember that your child can't "grow out of" the brain damage, but he or she can learn to cope with the condition.
- The most successful parenting techniques focus on addressing things that parents actually *can* change: learn to accommodate your child's behaviour, instead of trying to change it.

STRATEGIES

- **Reward good behaviour:** Praise your child for achievements. Give rewards immediately and explain why your child is receiving a reward.
- **Look for strengths:** Emphasize your child's strengths and abilities as often as you can.
- **Use a safe place:** Give your child a place to calm down, express anger or frustration where he is not penalized for acting out. Create a phrase to cue your child to use this space, e.g., "Take space".
- **Be consistent:** Use firm limits and clear consequences for all misbehaviour.
- **Use simple rules:** Rules should state the behaviour you want to see, e.g., "Keep hands to self" rather than "Don't touch".

Focus on changing your child's environment, *not* your child.

Here's an example:

Bill notices that his daughter Stacy is very uncomfortable when she's around lots of people. She often throws tantrums in the middle of the crowded mall. Rather than scolding her for throwing the tantrum, Bill decides to go shopping early in the morning, when the mall is less crowded.

QUICK TIPS

- EXPERIMENT WITH DIFFERENT STRATEGIES UNTIL YOU FIND SOMETHING THAT WORKS FOR YOU AND YOUR CHILD.
- USE REDIRECTION INSTEAD OF CORRECTION OR DISCIPLINE.
- DO NOT TAKE YOUR CHILD'S BEHAVIOUR PERSONALLY... REMEMBER, IT IS NOT THAT THEY WON'T. IT'S THAT THEY CAN'T.

