



SUPERVISION

FASD BEHAVIOURS

- Children with FASD often have difficulties with memory, lack of impulse control, and poor judgment - they 'live in the moment'.
- Supervision and close monitoring can help your child avoid making poor decisions and getting in trouble, and help children to develop habit patterns of appropriate behaviour.
- Your child may have trouble learning from his mistakes or past experiences, therefore will likely need some supervision even as a teen and adult.

STRATEGIES

- **Structure free time:** Provide supervised activities during your child's free time; such as going to the movies, bowling or swimming.
- **Supervise tasks even if your child has mastered them:** Especially if poor decisions or mistakes are dangerous or risky, supervise your child in case she forgets how to complete a task.
- **Provide gentle reminders:** Cue your child with hand gestures, pictures, or simple verbal commands as reminders for everyday tasks.
- **Take small steps:** Only when your child demonstrates a stable, long-term ability to handle time alone at home or in social situations, begin to take small steps toward independence.

Allow your child to participate in decision-making around activities they participate in to promote responsibility and the feeling that they have a say in what they are doing.

Assist your child in determining the pros and cons of a few different options you provide and allow them adequate time to make a decision.

Here's an example:

Mary asked her son, "Joey, we need to plan an activity for one hour this afternoon. Would you rather go for a walk in the park or play soccer?"

QUICK TIPS

- SUPERVISING YOUR CHILD AND PROVIDING ROUTINE CAN HELP HIM EXPERIENCE SUCCESS.
- IT CAN BE TRICKY TO FIND THE RIGHT BALANCE BETWEEN SUPERVISION AND ALLOWING YOUR CHILD SOME FREEDOM.
- WHEN IN DOUBT, MAKE YOUR DECISION BASED ON WHAT IS SAFEST FOR YOUR CHILD.

