

# LEARNING ABOUT FASD

**Studies have shown that early diagnosis, and telling the child about their diagnosis, correlate to better outcomes.**

- Check out <https://fasd.me/> for help in talking about FASD with a child.

**The more parents and caregivers understand FASD, the better equipped they will be to care for and guide a child or young person with FASD. Check out the following:**

## Books:

- *Trying Differently Rather Than Harder: Fetal Alcohol Spectrum Disorders* by Diane Malbin
- *Foetal Alcohol Spectrum Disorder: Parenting a child with an invisible disability* by Julia Brown and Dr Mary Mather
- *Guided Growth: Educational and Behavioral Interventions for Children and Teens with Fetal Alcohol Spectrum Disorders and Early Trauma* by Ira J. Chasnoff MD and Ronald J. Powell PhD
- *Understanding Fetal Alcohol Spectrum Disorders* by Maria Catterick and Liam Curran
- *FASD Sound Bites and Sanity Savers: A catalogue of collective wisdom and things that make you go 'hmmm'* by Jeff Noble
- *The Way I am is Different: A Children's Book about a boy with Fetal Alcohol Spectrum Disorder* by Helen Simpson and Brandon Orcutt

## Websites:

- [nationalfasd.org.uk/](http://nationalfasd.org.uk/)
- [www.nofasd.org.au/](http://www.nofasd.org.au/)
- [www.cdc.gov/ncbddd/fasd/](http://www.cdc.gov/ncbddd/fasd/)
- [adai.uw.edu/fasdtoolkit/parents.htm](http://adai.uw.edu/fasdtoolkit/parents.htm)
- [fasdcenter.org](http://fasdcenter.org)
- [rffada.org](http://rffada.org)
- [fasdsuccess.com](http://fasdsuccess.com)
- [fascets.org](http://fascets.org)
- [fasdunited.org/circle-of-hope/](http://fasdunited.org/circle-of-hope/)

## Podcasts:

- The FASD Success Show
- The FASD Elephant
- FASD Family Life
- FASD Hope
- Spotlight on FASD
- It's a Brain Thing



## YouTube:

- There are many short and long videos about FASD on YouTube. The Russel Family Fetal Alcohol Disorders Association has quite a few 10-15 minute videos on common behaviors and issues associated with FASD.