

# FETAL ALCOHOL SPECTRUM DISORDER

## What is Fetal Alcohol Spectrum Disorder?

Fetal Alcohol Spectrum Disorder or FASD is an umbrella term used to describe a range of lifelong disorders caused by prenatal alcohol exposure. Alcohol use during pregnancy causes brain damage and other birth defects. This damage is irreversible and lasts a lifetime

People living with FASD may experience difficulty in the following areas:

- Memory or attention
- Difficulty deciding between right or wrong
- Lack of remorse
- Over or under sensitive to lights, sounds, touch, taste
- Speech and language
- Learning Difficulty
- Dysmaturity (acts younger than their age)
- Lack of impulse control and easily influenced by others
- Difficulty with Money and Time
- Confabulation (fabricated memories without the conscious effort to deceive)
- Meltdowns
- Mental Health
- Behavioural problems
- Sleep disturbances
- Difficulty connecting actions with consequences
- Physical health issues
- And many more...



For more information:  
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## DEGOWADIHSNYE PROGRAM

### Did you know?

FASD is known as an invisible disability. Only 10% of people diagnosed with FASD have the characteristic facial features of FASD.

Most people do not look like they have a disability. The disability displays itself in the person's behaviours.

There is no safe time, amount, or kind of alcohol to drink during pregnancy.

