



# Explaining Foetal Alcohol Spectrum Disorder (FASD) to children

Children with FASD deserve explanations that help them understand themselves without ever feeling at fault and without placing blame on their parents. The goal is to build confidence, self understanding, and trust. Here is a child friendly way to talk about FASD:



## YOUR BRAIN WORKS IN ITS OWN UNIQUE WAY

FASD means that your brain grew differently before you were born. FASD happens when alcohol affects a baby's brain during pregnancy. That's why some things feel easy for you and other things feel harder.



## NOTHING ABOUT THIS IS YOUR FAULT

You didn't do anything to cause FASD. This is simply part of how your brain developed.



## YOUR PARENTS NEVER WANTED ANYTHING BAD TO HAPPEN TO YOU

No parent ever wants to harm their child. Sometimes adults don't know they're pregnant, or they don't know that alcohol can affect a baby's development. Sometimes life is stressful or complicated, and adults don't always have the support they need.



## YOUR BRAIN CAN LEARN AMAZING THINGS

FASD doesn't stop you from learning. It just means you might learn differently and that's okay. Lots of people learn in different ways. Everyone's brain is different, and yours has its own special way of learning and doing things.



## SOME THINGS ARE TRICKY (AND THAT'S OK!)

Sometimes things might feel tricky like remembering steps, staying calm when things change, or keeping track of time. That's not because you're doing anything wrong. It's just how your brain works. And there are lots of ways we can help make things easier.



## YOU'RE NOT ALONE

Many children and adults have FASD. There are tools, strategies, and people who can help you shine. You deserve support, understanding, and patience. You are loved.



If you ever have questions or feelings about this, you  
can always talk to me

**YOU'RE SAFE** , **YOU'RE CARED FOR** , and **YOU'RE IMPORTANT**

