

Strengths Based Profile for a Child With FASD

(To be tailored to the individual experiences of the child)

This can be shared with the



MY STRENGTHS



- **I am creative.** I think in pictures, stories, and ideas that are unique and imaginative.
- **I am caring.** I notice people's feelings and try to help.
- **I am determined.** When I enjoy something, I work hard and stay focused.
- **I am observant.** I see details that other people might miss.
- **I am energetic.** I bring excitement and enthusiasm to activities.
- **I am honest.** I say what I feel and think clearly.
- **I am fun.** I make people laugh and bring joy to groups.

HOW MY BRAIN LEARNS BEST



- I learn well with **pictures, colours, and hands-on activities.**
- I do best when **instructions are short and clear.**
- I like **routines** because they help me feel safe and confident.
- I understand things better when I can **see them, touch them, or try them.**
- I shine when adults **show me**, not just tell me.

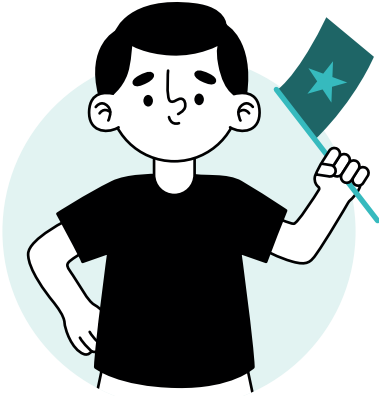
THINGS THAT CAN BE TRICKY (AND THAT'S OKAY)



- Remembering lots of steps at once
- Staying calm when plans change suddenly
- Keeping track of time
- Understanding big feelings
- Staying focused when there's a lot happening around me

These challenges don't mean I'm doing something wrong. They just mean I need support that fits my brain.

WHAT HELPS ME SUCCEED



- **Clear routines** and knowing what's coming next
- **Visual schedules** or pictures to guide me
- **Breaks** when I feel overwhelmed
- **One step at a time** instructions
- **Positive encouragement**
- **Adults who stay calm and patient**
- **Quiet spaces** when I need to reset

WHAT I WANT PEOPLE TO KNOW ABOUT ME



- I am trying my best, even when it doesn't look like it
- I want to do well and make people proud
- I feel safe when adults understand me and help me gently
- I am growing, learning, and becoming more confident every day
- I am loved and that helps my brain grow strong