

parenting tips

Concentrate on your child's strengths and talents.

Be consistent with everything (discipline, school, behaviors).

Use concrete language and examples.

Use stable routines that do not change daily.

Keep it simple.

Be specific—say exactly what you mean.

Structure your child's world to provide a foundation for daily living.

Use visual aides, music, and hands-on activities to help your child learn.

Use positive reinforcement often (praise, incentives).

Supervise: friends, visits, routines.

Repeat, repeat, repeat.

Contact MOFAS for more information and parent support programs. Call 651-917-2370 or 1-866-90-MOFAS or go to www.mofas.org.

who we are

The Minnesota Organization on Fetal Alcohol Syndrome (MOFAS) is the only statewide source for training, information, resources and support for Fetal Alcohol Spectrum Disorders.

our mission:

To eliminate disability caused by alcohol consumption during pregnancy and to improve the quality of life for those living with Fetal Alcohol Spectrum Disorders.

our vision:

A world in which women do not drink alcohol during pregnancy and people living with Fetal Alcohol Spectrum Disorders are identified, supported and valued.

how to contact us

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busting the
myths about
drinking
alcohol during
pregnancy

mythbusters

MYTH

I heard that it is ok to drink alcohol towards the end of pregnancy.

FACT

Alcohol can harm a baby at any time during pregnancy. Everything you eat and drink while you are pregnant affects your baby. If you drink alcohol, it can cause problems in how your child grows, learns, looks and acts.

MYTH

Only women who have drinking problems have babies with Fetal Alcohol Spectrum Disorders (FASD).

FACT

Any exposure to alcohol could cause damage to your developing baby. Most mothers do not purposely want to harm their babies. Over 50% of pregnancies are unplanned. Many women are 2-3 months along before they know they are expecting, and may drink alcohol when they are not even aware that they are pregnant.

MYTH

Don't worry, your baby will outgrow any problems caused by drinking during pregnancy.

FACT

The damage caused by prenatal alcohol exposure is permanent and lasts a lifetime. To help your child reach his or her full potential, it is very important to get help with FASD as early as possible.

if you are concerned...

If your child was exposed to alcohol during pregnancy, know that there is help and hope.

This is called a "spectrum" disorder because some children may have only mild symptoms, where others may be more severely affected.

It is important to remember that learning disabilities and behavior problems will be unique to each child.

what to watch for...

- Sleeping and eating problems
- Hearing and vision problems
- Slower rate to learning new skills
- Poor coordination and fine motor skills
- Sensitivity to light, touch, sound
- Difficulty following instructions
- Hyperactivity, "can't sit still"
- Easily distracted, short attention span
- Needs frequent reminders
- Needs close, one-on-one supervision to be safe
- Trouble with making friends

pathways to success

Act Early.

As a parent, you know your child best. If you think there could be a problem with the way your child plays, learns, acts or talks, visit your child's doctor and share your concerns. Don't wait.

Reach out. Get connected.

Visit www.MNParentsKnow.info for more information on how young children develop plus ideas to help your child learn and grow.

Call 1-866-693-GROW (4769) if you have questions about your child's development or if you think your child might need extra help to learn.

Connect with the Minnesota Organization on Fetal Alcohol Syndrome at www.mofas.org or 651-917-2370 for family support programs and information that include:

- Virtual Family Center
- Hand in Hand Series - in person and online
- Family Retreats
- Online Resource Directory

Get a Diagnosis.

If you or the doctor think there might be a delay, ask the doctor for a referral to an FASD specialist who can do a more in-depth evaluation of your child.

A diagnosis can help your child and family get the services and support needed to be successful. A list of Minnesota Diagnostic Clinics is available at www.mofas.org, click on Resource Directory; or call 1-866-90-MOFAS.