

Parenting Children Exposed in Utero – 3 hr preferable, 2 hr also possible

Aubrey Page, FASD Educator – www.aubreypage.org

Fetal Alcohol Spectrum Disorders (FASD) are the most common form of developmental disabilities in America affecting at least 5% of the population. The best possible outcomes are diagnosis by age 6, but as of now only 1% of individuals with symptoms from prenatal alcohol exposure (PAE) are being diagnosed. This training will help you identify symptoms of PAE, understand the diagnostic process for FASDs, and give your clients practical intervention strategies to use at home and school.

Learning Outcome 1: Identify the difference between drug and alcohol exposure on the fetus.

Appx Time	Content	Instructional Strategies	Learner Demonstrations
10 min	Alcohol vs. drugs in utero	Lecture	Large Group Feedback
5 min	Why the same interventions?	Lecture	Large Group Feedback

Learning Outcome 2: Identify symptoms of Fetal Alcohol Spectrum Disorders.

Appx Time	Content	Instructional Strategies	Learner Demonstrations
5 min	What is FASD?	Lecture	Large Group Feedback
5 min	How does PAE happen?	Lecture	Large Group Feedback
10 min	How does FASD impact society?	Lecture	Large Group Feedback
30 min	How is FASD identified?	Lecture	Large Group Feedback
5 min	Q&A	Dialogue	Engage in Discussion

Learning Outcome 3: Describe the diagnostic procedure for Fetal Alcohol Spectrum Disorders.

Appx Time	Content	Instructional Strategies	Learner Demonstrations
10 min	Types of Diagnosis	Lecture	Large Group Feedback
10 min	Getting a Diagnosis	Lecture	Large Group Feedback
5 min	Comorbidity	Lecture	Large Group Feedback
5 min	Q&A	Dialogue	Engage in Discussion

Learning Outcome 4: Implement intervention strategies with individuals with FASDs.

Appx Time	Content	Instructional Strategies	Learner Demonstrations
20 min	Paradigm Shift for Parents	Lecture	Large Group Feedback
40 min	Strategies of Neurobehavioral Model	Lecture	Large Group Feedback
5 min	Advocacy Cause and Effect	Lecture	Large Group Feedback
15 min	Q&A	Dialogue	Engage in Discussion

Aubrey Page is an FASD educator, FASD advocate, and parent mentor. After learning that an estimated 70% of foster kids and 5% of all kids have a Fetal Alcohol Spectrum Disorder, she started advocating for the hundreds of thousands of children with the symptoms. Her lived experience brings a unique perspective to her trainings.

The Power of the Reset: How to Respond to and Avoid Escalations – 1hr

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Escalations can be overwhelming as a caregiver. There are strategies to use to avoid them and end them quicker, but first we have to learn what is going on in our child's brain. We will learn what may be going on in our child's mind during an escalation and how we can use that information to help us keep everyone calm.

Learning Outcome 1: Identify symptoms of individuals with neurobehavioral disorders or trauma using Fetal Alcohol Spectrum Disorders as a framework.			
Appx Time	Content	Instructional Strategies	Learner Demonstrations
2 min	What is FASD?	Lecture	Large Group Feedback
5 min	How does PAE happen?	Lecture	Large Group Feedback
13 min	What do brain differences of a neurocognitive condition look like?	Lecture	Large Group Feedback
Learning Outcome 2: Implement proactive strategies to avoid escalations.			
Appx Time	Content	Instructional Strategies	Learner Demonstrations
5 min	Shifting a parent's mindset.	Lecture	Large Group Feedback
5 min	Values clashes, defensive behaviors, developmental ages.	Lecture	Large Group Feedback
5 min	Modify the environment.	Lecture	Large Group Feedback
3 min	Manage expectations.	Lecture	Large Group Feedback
5 min	Modify execution.	Dialogue	Engage in Discussion
Learning Outcome 3: Implement reactive strategies to help end an escalation quickly and therapeutically.			
Appx Time	Content	Instructional Strategies	Learner Demonstrations
5 min	Co-regulation.	Lecture	Large Group Feedback
2 min	Explain by brain.	Lecture	Large Group Feedback
5 min	Address the Deficits.	Lecture	Large Group Feedback
5 min	Q&A	Dialogue	Engage in Discussion

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