



Welcome to your Foster carer's learning log. Helping you to structure and record your self-directed learning.

Name:

Unit 1: Families affected by Foetal Alcohol Spectrum disorder (FASD)

Whether you are caring for a child on their own or a parent-and-child, if the family is affected by FASD, this unit is for you. Understanding how this affects the child, and the parent-child relationship, and how you can help, is an important part of your role.

Quick knowledge check

Which of the following statements do you think are true

There is no known proven 'safe' level of alcohol in pregnancy
One unit of alcohol per day is safe in pregnancy
Eight units of alcohol per week is safe in pregnancy

All damage from alcohol is done in the first 3 months of pregnancy so it is too late to prevent damage after this point.
It is never too late to stop drinking: stopping at any point during pregnancy can help reduce the risk of problems

Three quarters of women drink some alcohol during pregnancy, with one third at binge levels
A quarter of women drink some alcohol during pregnancy, with a tenth at binge levels

Most people with FASD have recognisable physical signs
Most people with FASD do not have recognisable physical signs

Where are your nearest support services to help with alcohol addiction?

[Use this link to find out!](#)

What do you already know?

Before you start researching, make a quick list of some of the issues that you think families affected by FASD may face.

Your notes

Improving your knowledge and understanding

Resources if you are caring for children

[The National Organisation for FASD website](#) with helpline

[FASD and Trauma – parenting tips for carers](#)

[NHS: Foetal Alcohol Syndrome](#)

[FASD network UK website](#)

[CoramBAAF's 'Dealing with Foetal Alcohol Spectrum Disorders' Good Practice Guide](#)



Additional resources if you are caring for a parent

[Fostering Hope section on caring for parents with LD, autism or FASD](#)

[Fostering Hope website section on supporting parents with addictions](#) (see also [useful links](#) section)

[Foetal Alcohol Spectrum Disorder \(FASD\) info for pregnant women](#)

[Parents who have FASD. A discussion paper](#)

My key learning

What have been the most interesting things you have learned from your reading and research? Are there any things you would do differently next time you care for a pregnant woman or someone with FASD?

Your notes



Reflection



'More than 70% of children with FASD have progressed through the care system. ... Due to the level of children coming through the care system, attachment disorders are often viewed as the sole cause of presenting signs and symptoms and this can lead to misunderstandings about therapeutic support needs.' ([FASD network](#))

Read the rest of this article, thinking about children you have looked after. On reflection, could any of them have had undiagnosed FASD? How could you advocate for children to get the right diagnosis and support?

What are the best resources you have come across that would help a child, young person, or parent in your care?

Your notes

Discussion with peers or your supervising social worker

Discussion starters

- Things you have learnt
- How that might affect your practice as a foster carer
- A list of useful resources to go back to or pass on to other carers



Your notes

What will you, as practitioners or as an organisation, now do to upskill yourselves further about FASD? What services or support groups are available locally to support parents with FASD or carers/parents of children with FASD? What online support groups are available?

Your notes

Answers to quick knowledge check

- There is no known proven 'safe' level of alcohol in pregnancy ([NHS](#))
- It is never too late to stop drinking: stopping at any point during pregnancy can help reduce the risk of problems ([NHS](#))
- Three quarters of women drink some alcohol during pregnancy, with one third at binge levels ([University of Bristol](#))
- Most people with FASD do not have recognisable physical signs making it difficult to diagnose ([University of Bristol](#))

These resources have been developed by Lucy November (lucy@fosteringhope.co.uk), funded by the Sir Halley Stewart Trust. They are free to use, but please contact Lucy if you are using them in order to join our network and contribute to an evaluation. Copyright 2020 Tanya Farrugia Illustration (images).