What are you going to do to create structure that makes sense to your mokopuna? 

**Structure**
- **Practice Triggers**
  - get started
  - keeping going
  - to stop
- **Te Toka Tuumoana Tikanga Wairuatanga**
- **Our notes: what we’ll do**
  - help them be ready for what is happening next
  - clear boundaries, no wriggle room. But give in when they can’t.
  - reliability and consistency
  - recover and restart routine, again and again and again
  - change the environment not the person

**Support**
- **Practice Triggers**
  - more support
  - better support
  - optimal support
  - that makes sense to your mokopuna
  - so that they feel safe, stable, loved, connected
- **Manaakitanga Whakamanawa Te Reo**
- **Our notes: what we’ll do**
  - help with all transitions
  - small & between activities
- **24/7 Routine:**
  - home
  - at school
  - respite

**FASD “5S” template**
to focus on the right support for mokopuna with FASD or neurodevelopmental conditions

- **Who? / What?**
  - whanau
  - friends
  - professionals (CAMHS, NASC, etc.)
  - cultural support
  - communication support
- **How:**
  - FASD Eyebite Cards
  - do along side
  - help them get things right
  - notice when they’re struggling: reduce demands

- **Name**
- **Date**
- **Age**
- **Present:**
### Supervision
Like a much younger child

**Practice Triggers**
- **Mokopuna**
- Whanau/Caregiver
- Professionals

**Our notes: what we’ll do**

**Kaitiakitanga**
Wairuatanga

**What are you going to do to ensure supervision in a way that makes sense to a younger child?**

- Building trust that someone is there to:
  - help them get things right
  - help them know what will come next
  - be there even after they have got it right many times

- have planned activities and down time
- 24/7 supervision, all environments - in a way that makes sense to a younger child
- helping mokopuna to get things right
- educate others eg taxi driver, carer, teacher, parent...
- use buddies, mentors
- divert, distract, redirevt
- check out stories with adults
- build and nurture an informed community of support

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### Keep it Simple

**Practice Triggers**

**Tikanga**

**Our notes: what we’ll do**

**How simple is everything?**

- instructions – one at a time
- questions
- room layout
- routine
- expectations – as for a younger child

**How can you simplify things?**

- visuals
  - one thing at a time
  - buddy / mentor
  - do alongside

**Consider sensory needs**

- smells
  - touch/texture
- bright light
- loud sounds
- overcrowding

**Minimise emotional overload**

- reduce / remove demands
- give calm attention
- remove people from escalation
- don’t ask “why did you do that?” questions
- keep calm or remove yourself – It’s in the brain, don’t take it personally
- avoid violent or overly emotional videos/activities/situations

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### Build on Strengths

**Practice Triggers**

**Whakamanawa**
Manaakitanga
Rangatiratanga
Whakapapa
Mana ahua ake o ngā mokopuna
Te Ahureitanga

**Our notes: what we’ll do**

**What are the mokopuna’s strengths and how do you encourage them?**

- Know the person
  - What do they think they’re good at?
  - Know the prosocial activities that suit mokopuna
  - What are the strengths in the family/community?
  - What makes them laugh?
  - How do they know they’re loved?
  - How are you creating hope?
  - What skills can be built on for the future?

- Help mokopuna get started, each time, again, and again
- Help mokopuna with the difficult bits (eg to navigate social interactions)
- Have fun together everyday. Focus on the positive.

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Adapted from FASD Eyebite Cards

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