

FASD "5S" template

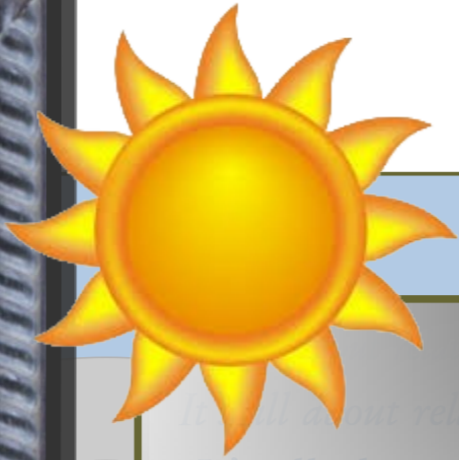
to focus on the right support for mokopuna with FASD or neurodevelopmental conditions

Name _____

Date _____

Age _____

Present: _____



- Veivakabekabei
- Kaariye
- Fakatokolalo
- Tautua
- Tautua matalilo
- Fa'asinomaga
- Vā fealoa'i
- Alofa fai tamāmanu
- Feveitokai'aki
- Faka'apa'apa
- Loto 'Ofa
- Olaga fakatau fesoasoani
- 'E Kaveinga

It's all about relationship
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Structure

Practice Triggers

Te Toka Tuumoana
Tikanga
Wairuatanga

Our notes: what we'll do

What are you going to do to create structure that makes sense to { Mokopuna-Whanau/Caregiver Professionals } ?

help •get started
•keeping going
•to stop

helping using •visuals
•prompts
•do along side

help with all transitions small & large between activities

24/7 Routine:
-home
at -school
-respite

- getting up
- hallway
- bathroom
- to school
- at school
- at home
- after school
- play
- tidy up
- dinner
- hallway
- bathroom
- bedtime

- 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

Structure

It's all about relationship

Support

Practice Triggers

Manaakitanga
Whakamanawa
Te Reo

Our notes: what we'll do

What are you going to do to ensure { more support
better support
optimal support } that makes sense to { Mokopuna Whanau/Caregiver Professionals } ?
 so that they feel safe, stable, loved, connected

at home { lounge bedroom bathroom kitchen } •at school
•at respite
•at church etc
•work
•other activities

► Safety plan
► Crisis plan

Who? / What?

- whanau
- friends
- professionals (CAMHS, NASC, etc.)
- cultural support
- communication support
- buddy
- mentor
- respite
- behaviour support plans
- don't rely on teaching by consequences
- clinical report guidance
- role play
- social stories

How:

- FASD Eyebite Cards
- do along side
- help them get things right
- notice when they're struggling: reduce demands

Support

It's all about relationship

Supervision Like a much younger child

Practice Triggers

Kaitiakitanga
Wairuatanga

Our notes: what we'll do



What are you going to do to ensure supervision in a way that makes sense to { Mokopuna Whanau/Caregiver Professionals } ?

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, redivert
- check out stories with adults
- build and nurture an informed community of support

Supervision like a much younger child

It's all about relationship

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*
- repeat over and over
- buddy / mentor
- do alongside

Consider sensory needs
Consider if too much or too little input

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

Know your mokopuna

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

Keep it Simple

It's all about relationship

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

Build on strengths

It's all about relationship

Adapted from
FASD Eyebite Cards

