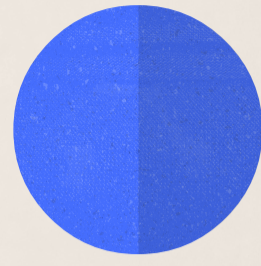


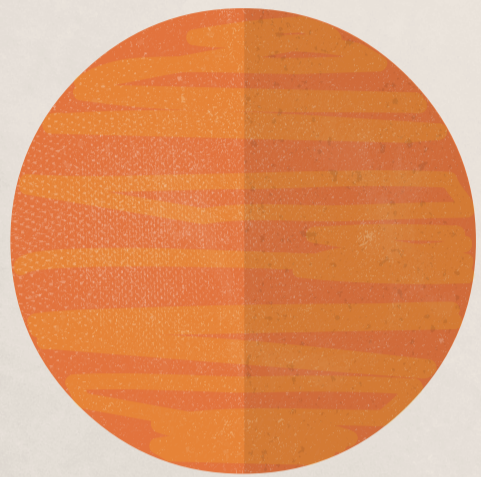
IF SOMEONE WITH FASD IS READY TO BLAST OFF

Slow down

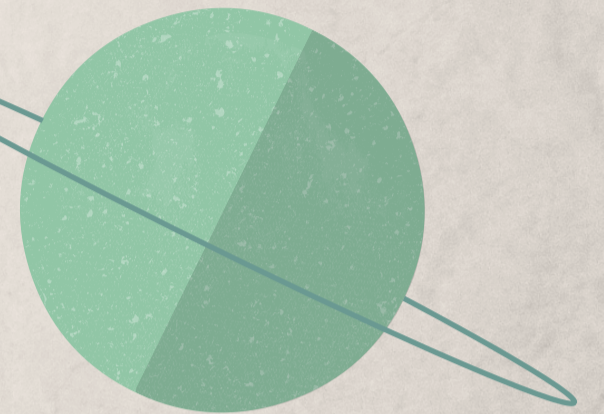


Back off

Get them to a calm space



Do not shout



Use few words

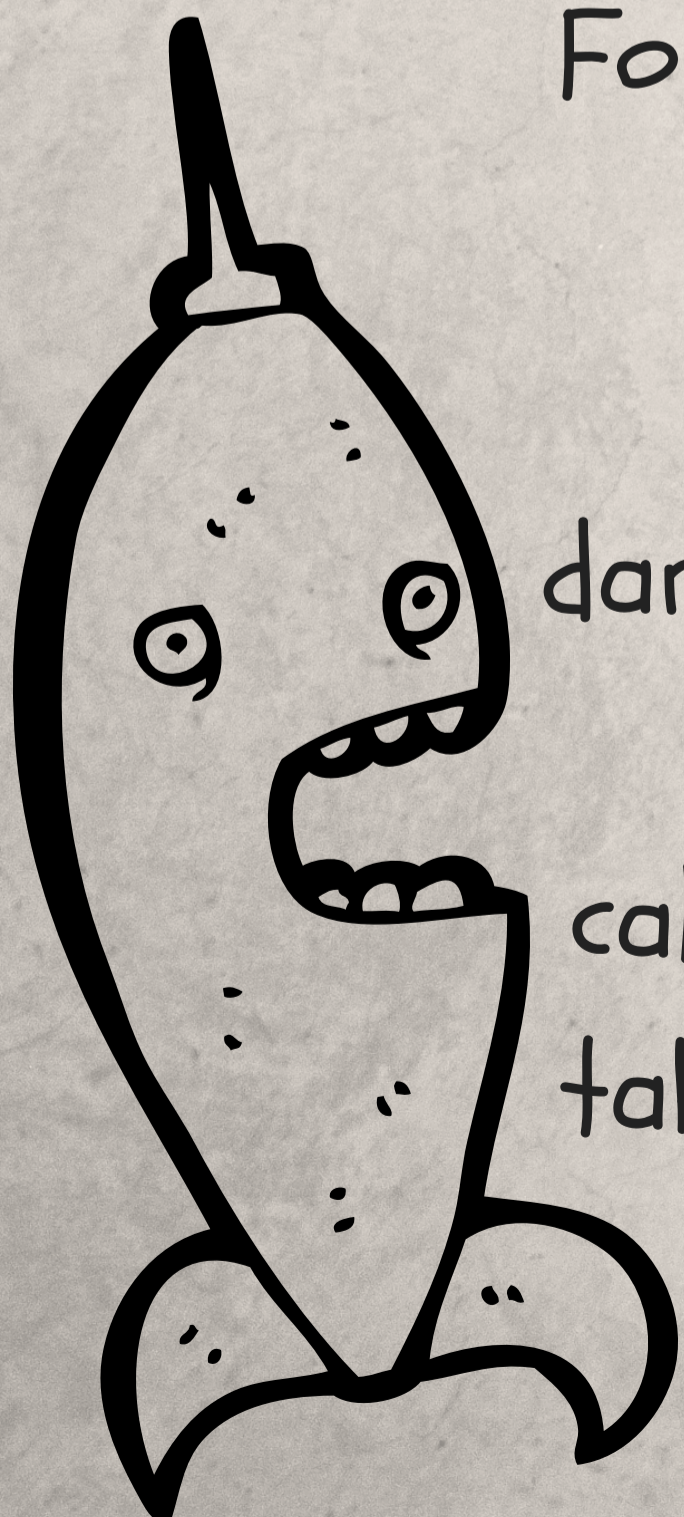
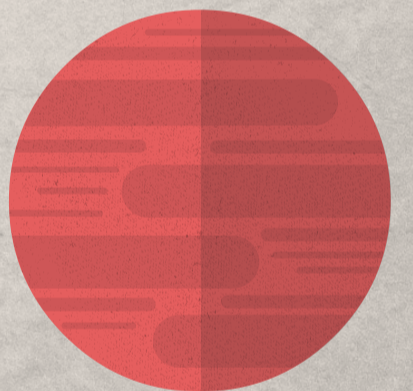
No "no-s"

Find a "yes"

Don't say "don't"

Safety for all

Wait to talk it out



For those with Fetal Alcohol Spectrum Disorders (FASD), meltdowns are symptoms of unseen physical problems. When overwhelmed, their damaged brain structures activate the fight/flight part of the brain. The person must regain calm before the reasoning parts of the brain can take over again. It's biology, not rocket science..

You CAN help Love & support them