

FETAL ALCOHOL SPECTRUM DISORDERS (FASDs)

What are FASDs?

- A spectrum of disorders caused by a mother's intake of alcohol at any time during pregnancy
- Alcohol intake damages the development of structures in the baby's body such as the brain and other internal organs
- This damage is lifelong and irreversible

How are children diagnosed?

- Diagnosis requires a team of doctors, speech-language pathologists (SLPs), and behavior specialists
- The team considers the following factors:
 - Lower than average height and weight
 - Abnormal facial features
 - Results of scans (e.g., CT, MRI) of the brain and nervous system
 - Child's degree of exposure to alcohol during pregnancy

Signs and Symptoms

- Small head size and low body-weight
- Abnormal facial features
 - Thin upper lip
 - Short nose
 - Irregularly-shaped eyes
- Poor hand-eye coordination
- Limited attention span and hyperactivity
- Difficulty learning new concepts
- General delay in development and use of language
 - Small vocabulary
 - Difficulty with socializing and/or telling stories
- Intellectual disability
- Limited memory skills



Children exhibiting facial features typical of FASDs



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For more information, visit:

<http://www.cdc.gov/ncbddd/fasd/index.html>

<https://depts.washington.edu/fasd/pn/>

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What can be done to help?

- Mothers should stop drinking as soon as they attempt to become pregnant or know that they are pregnant
- Contact your physician if your child exhibits any signs or symptoms of FASD
- If a child is diagnosed with an FASD:
 - Special education services can address their intellectual disabilities and improve reading skills
 - Speech therapy can support their speech and language skills
 - Behavioral and psychological therapy can improve attention, memory, and social skills
- Parents and professionals must ensure that the child has a safe and emotionally supportive environment in order to encourage proper social and emotional development
- Early intervention will maximize the chances of services being effective
- Proper medication can address other medical needs and complications

Information for SLPs

- SLPs should encourage the integration of skills from special education and other services in speech and language intervention.
 - Activities that allow children to create and tell their own stories
 - Active reading
 - Activities in small groups which incorporate higher-order thinking and language
- Visual aids and concrete language may aid in comprehension
- Use of visual schedules and consistent routines may be beneficial



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