

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 Disorder (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.

Love & support them

We're here to help. www.NationalFASD.org.uk