

TRAVELS IN CIRCLES



FETAL ALCOHOL SYNDROME Your Special Child Between 18-22 Years Old

This story portrays a young puffin with FAS/FAE who is left to fend for himself after losing his parents in a tragic alcohol related accident. Focus is on ages eighteen to twenty-two.

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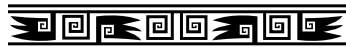




GREETINGS!!

We are gathered here with Grandfather, our Creator, the ones who fly, the ones who crawl, the ones who walk on four legs, and those beautiful spirits...those who have Fetal Alcohol Syndrome and Fetal Alcohol Related Conditions...who have come to Earth as volunteers to teach us what we need to heal in our communities.

This story was created to help you understand the health problems, brought on by the effects of alcohol, and the





behavior challenges your special child faces as he or she becomes an adult.

The information in this story can help you become the best possible parent so that you can help your child's transition to adulthood be the best it can.

So welcome to the world of your special child and thank you for allowing us to walk with you on this journey.

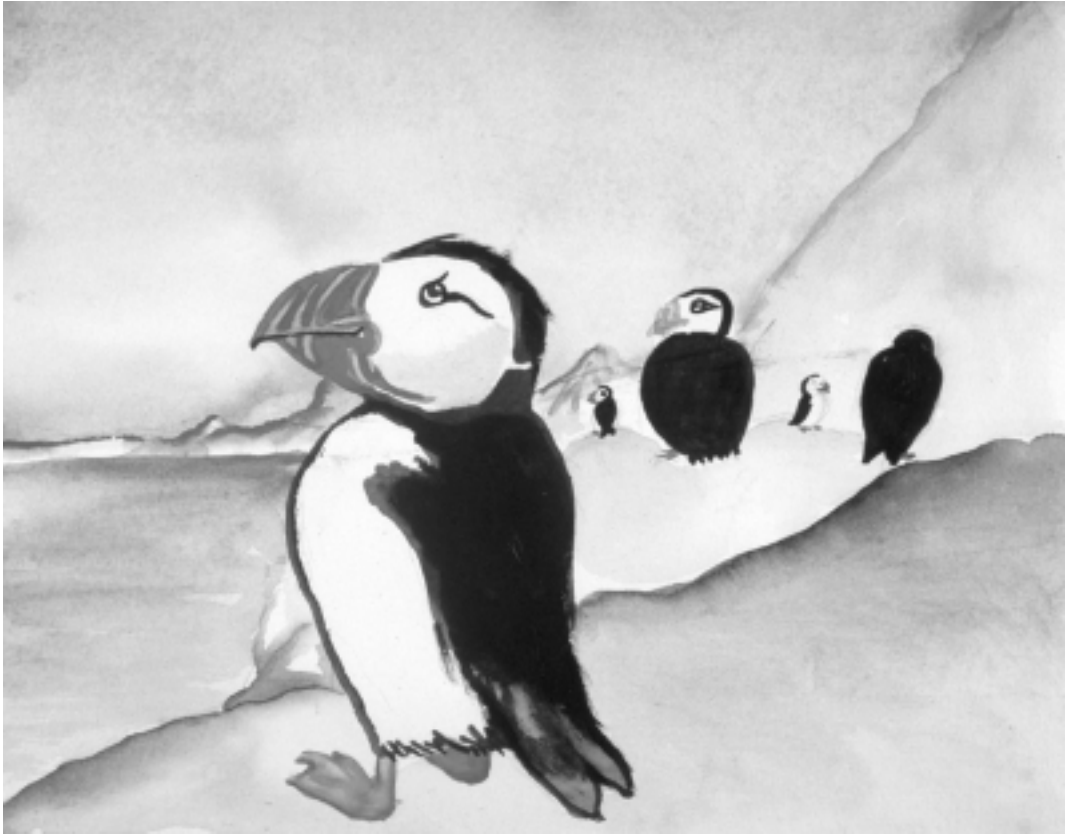


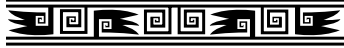


SECTION 1

A STORY ABOUT A SMALL PUFFIN





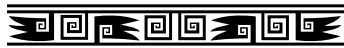


TRAVELS IN CIRCLES

Today I am going to tell you the story of a puffin known as Travels in Circles.

At first glance, Travels in Circles did not appear to be much different from the other young adults in the puffin colony. His black and white feathers were as shiny as the other puffins, but a bit more unkept at times.

As a young puffin, Travels in Circles was clumsy. He waddled when he walked and frequently fell over. The





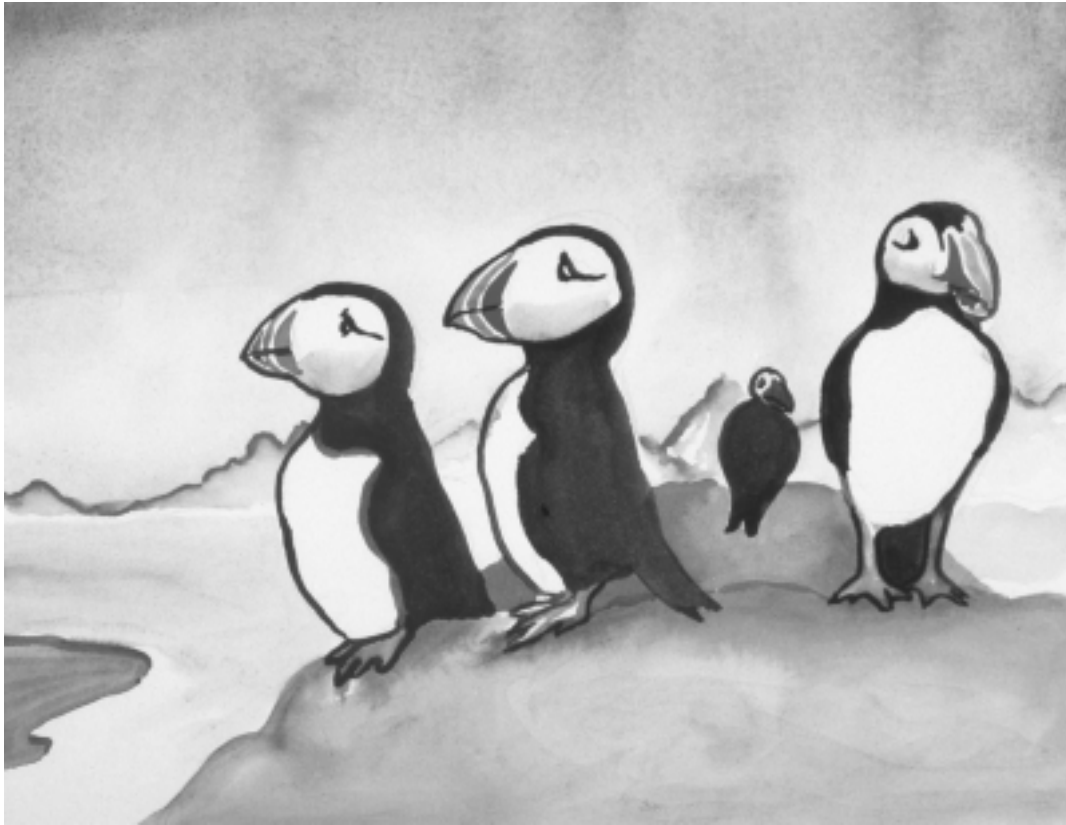


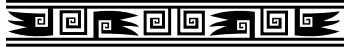
other birds often teased and chased him.

Although he was fully grown, Travels in Circles still had not quite grasped the fundamentals of grooming, building a nest, or having a mate. Even though he was an adult he still lived with his mother and father,

Despite his flaws, Travels in Circles was a cheery bird who loved to spend his time playing with the pebbles on the beach. His parents loved him very much and continued to care for their adult son. When other parents criticized or questioned them about this, Mother and







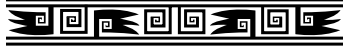
Father Puffin would simply smile and reply, “He is a gift the Creator gave us for our old age.”

Deep down, however, Mother and Father Puffin were concerned. They wondered why their son was so absentminded...and why he was unable to successfully perform even the simplest task, such as building a proper nest.

Even with instruction, Travels in Circles’ nests were never completed. He would lose track of what he was doing, becoming entranced by the patterns in the rocks. Instead of a nest, he would end up constructing a star, a large







circle, or an elaborate maze, whistling and chirping happily as he worked.

It was apparent to all that Travels in Circles behavior was certainly different than other adult puffins. What allowed him a measure of acceptance in the colony, however, was that he was fantastic at catching fish. And he was generous, to a fault, in sharing them. It was common for this puffin to give his fish to the first creature he encountered, be it friend or foe, Otter, Puffin, Bear, or Tern.

Travels in Circles was oblivious, fearless, and awkward. His parents agreed, that it was only through the grace of







the Creator that he had survived chickhood.

Father Puffin wondered out loud, “Our son is certainly an odd and clumsy bird. I wonder what goes on in his mind?”

Mother Puffin replied, “I’m not sure. Although he’s different, he really does seem to enjoy life. I do think, however, that he gets lonely. After all, his brothers and sisters and cousins all have mates and chicks but he does not.

He agrees that he too should take on adult responsibilities,





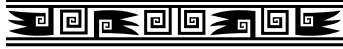
but he never seems to get started.”

“That’s because he’s not organized and it appears that he has no real goals.” stated Father Puffin.

Mother Puffin rested her wing on her face and said solemnly, “I worry about who will take care of him when we are gone.”

“Well,” said Father Puffin, “fortunately, for his sake, he is one of the best fish catchers in the colony. Because he shares with everyone, most of the colony members accept him and watch out for him.”





“And I have noticed that even those our son should fear don’t bother him. Maybe they sense our Creator sent him for a special purpose. Still, I wonder, what caused our son to have such different behavior than other puffins?” Mother Puffin asked despairingly.

Father Puffin hopped around the room, then turned, faced his wife and said, “I have thought about the season of our son’s birth. The only unusual event of that season was the crate of cans and bottles and food that washed ashore...remember?”

“Hmmm,” Mother Puffin said remembering, “yes, I do







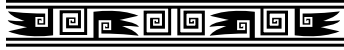
recall the bottles that exploded after being in the sun. They had that odd tasting bubbly water in them.”

“Yes...the odd water that made us all dizzy and sick and caused us to run around in circles, just as our beloved son does,” answered Father Puffin.

“Have I ever told you what Orca said about that crate?” Mother Puffin asked Father Puffin. “She and Dolphin frequently eaves drop on the humans who ride on those large cruise ships. She said she learned from them that the funny water is champagne. It contains alcohol and that’s what made us walk strangely and fall down.”







Father Puffin exclaimed, “Hey, Travels in Circles walks funny...and as a chick, he often fell...Do you think it was the alcohol that caused his problems?”

Mother Puffin sighed, “I don’t know...I just hope our Creator grants us a long life so we can watch over our precious son.”

Alas, Mother Puffin did not get her wish. The winter was long and cold and many of the older puffins did not survive. Travels in Circles’ parents were among those who perished.



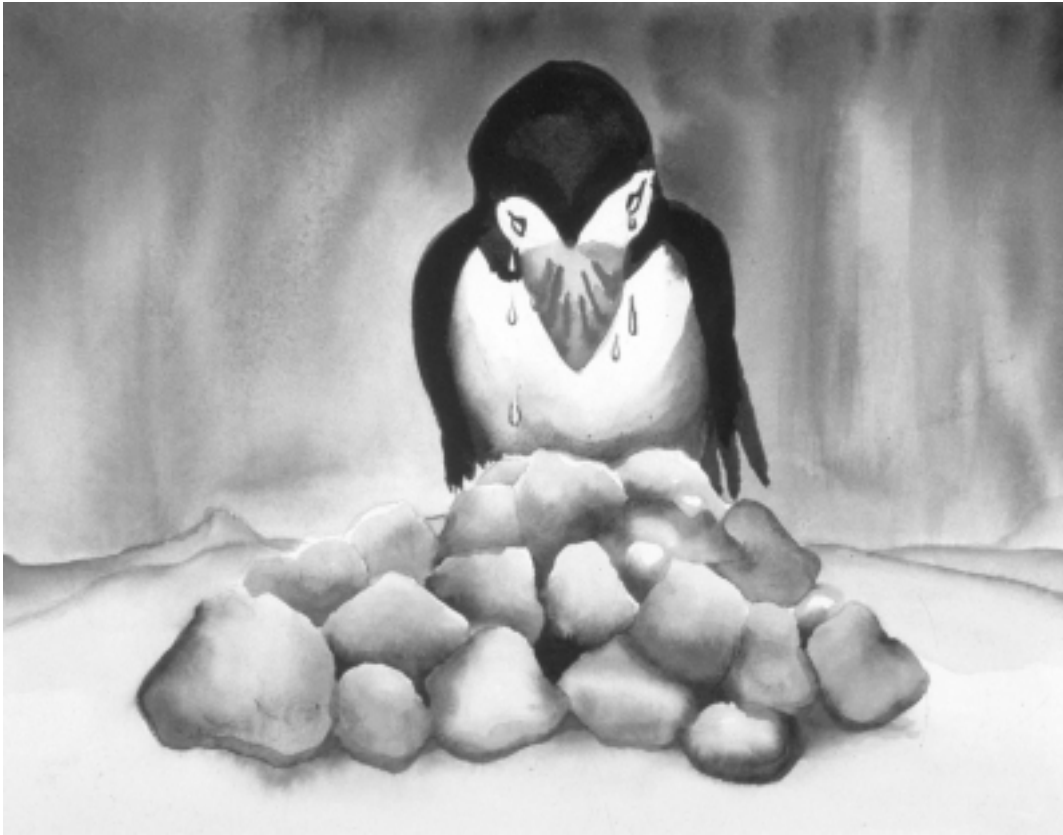




Finding his loving parents clasped in each other's wings under the shimmering glow of the northern lights, the young puffin gently covered them with rocks, crying silent tears as he worked. As he placed the last rock upon their grave he whispered, "Farewell my dear parents. What will I do now, Grandfather? I am alone and scared. The winter is so cold and dark. What should I do?"

Lonely, sad and scared, Travels in Circles waddled down to where the frozen sea met the rocks. He could hear the ice crack and groan as it shifted. He could see Beluga, Orca, and Seal swimming under the ice. Then, as if in







concert, they rose up out of the sea to catch a breath of the cold Arctic air. As the large mammals slipped back under the water and headed south, Travels in Circles dove into the cold dark sea after them.







THE JOURNEY SOUTH

It was not the first time he had acted impulsively. It seemed to Travels in Circles that this was the start of a grand adventure and he gave no thought to the consequences of his behavior.

The puffin followed the sea mammals until he lost sight of them when he became distracted by a school of herring swimming by.

Travels in Circles caught one and brought it to the surface







intending to take it to the shore. Only then, did he realize, he could no longer see the shore...only huge islands of ice.

Travels in Circles pulled himself up onto one of the pieces of ice floating by, “I guess I’ll just eat my fish and take a nap here. I’ll look for home later.”

Several hours passed. Travels in Circles awoke hungry and dove headfirst into the sea, scooping as many herring as he could into his beak before returning to the surface.

Travels in Circles repeated his diving, catching, breathing,



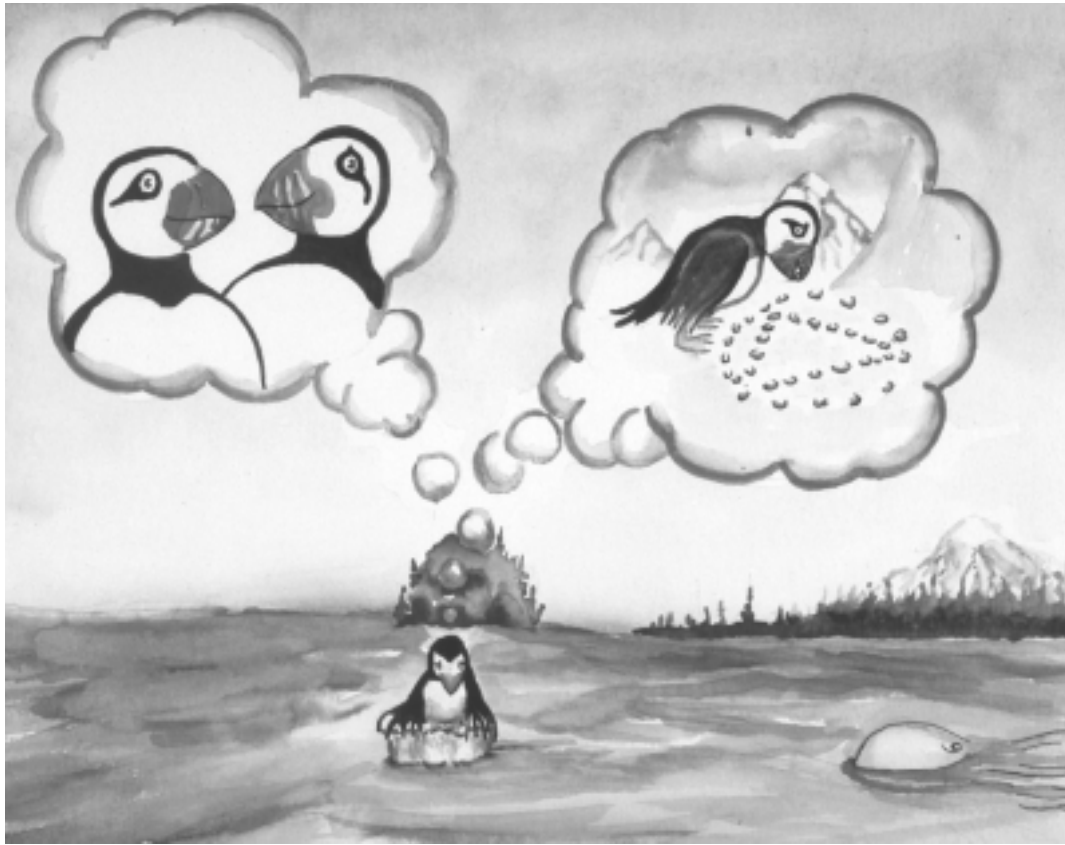




and eating routine many more times until he was full. When he returned to the surface to rest, he noticed the land looked different. Gone were the familiar cliff and beach of home. In their place were mountains, large, brown, and empty. The puffin, after floating for many days, returned from fishing to find that his familiar ice floe was gone too. In fact, there was very little ice left on the ocean at all. Bewildered, the little bird climbed aboard one of the remaining pieces of ice.

“I’m so tired,” Travels In Circles said sleepily, “Maybe if I rest I’ll have better luck looking for home later.”







Travels in Circles rode his melting ice floe south for many more days. As he floated, he thought of his mother and father, his home, and the pebbles he was so fond of. Once in a while Dolphin, Beluga, and Orca visited him. After his visitors left, however, he would realize he had forgotten to ask them if they knew where he was or how he could get home.

One morning the puffin awoke to a big surprise. His ice floe had completely melted and he was now swimming in the warmest water he had ever felt.

Squawking loudly in alarm, Travels in Circles turned to





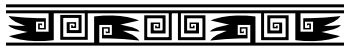


see that he was eye to eye with a very strange creature. The creature had a big round head, two eyes and many dangling arms. The puffin tried swimming away from the creature but her body did not seem to move.

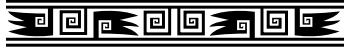
“Calm down little bird. I’m not going to hurt you.” laughed Octopus, “I’m just an octopus out for my morning swim, looking for a bite to eat.”

“I’m hungry too,” said the anxious Puffin, “please, may I swim with you?”

“Why yes, of course. Just stay close and follow me.” instructed the Octopus.







The puffin followed the Octopus towards the shore. As he swam he saw odd shaped rocks...and trees with no branches growing up from the ocean floor.

As was often the case, Travels in Circles soon forgot what he was doing, distracted by a shiny, silvery object streaming bubbles. Swimming after it, the puffin was oblivious to Octopus' cries of caution.

Travels in Circles followed the shiny shape until it stopped by an odd boulder. He swam over to the giant boulder and hopped on top of it. What he saw was astounding.

Many noisy metal containers with humans inside sped







by on the above cliff. The only thing the puffin found familiar was the smell of food. He recognized the odor of fish. Excitedly he started off in search of a meal. With one fearless dash he crossed the busy street, oblivious to the yelling people and loud crunching sounds as he waddled past.

Frantically, scurrying around giant human feet, the bird followed the scent of fish.

Before him was a banquet. Big fish, little fish, crabs, clams, oysters and mussels. His stomach growled with anticipation.







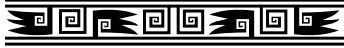
Waddling as fast as he could, Travels in Circles made his way toward the feast. Just as he lunged toward a scrumptious looking fish, he was grabbed from his flight by a human hand.

“Hold still little bird,” said a soft, masculine voice. “I’ve been trying to get you since I saw you down by the ferry dock. Whatever are you doing here in the big city, hundreds of miles from where you belong?”

Travels in Circles squeezed his eyes tightly shut. He was faint with fear as he felt his heart beating so quickly he thought it would leap right out of his chest. He had heard







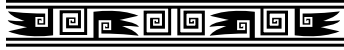
tales of humans taking puffins away to unknown fates. Now, here he was, captured, far away from home, and in the hands of a human.

The man with the soft voice chuckled and said, “Don’t worry, little one. There is a place right below here where I’ll take you. There you can get all of the fish you want. And you won’t be robbing the fish sellers blind.”

The big warm hands placed the puffin into a box. Travels in Circles kept his eyes closed, squeezing them even tighter as the box started moving. After what seemed like forever







(but was really only ten minutes), he heard a door bang and the sound of another voice. This voice was different from the first, light and sweet, that of a young woman, “Good morning Sam. What have you got for me today?”

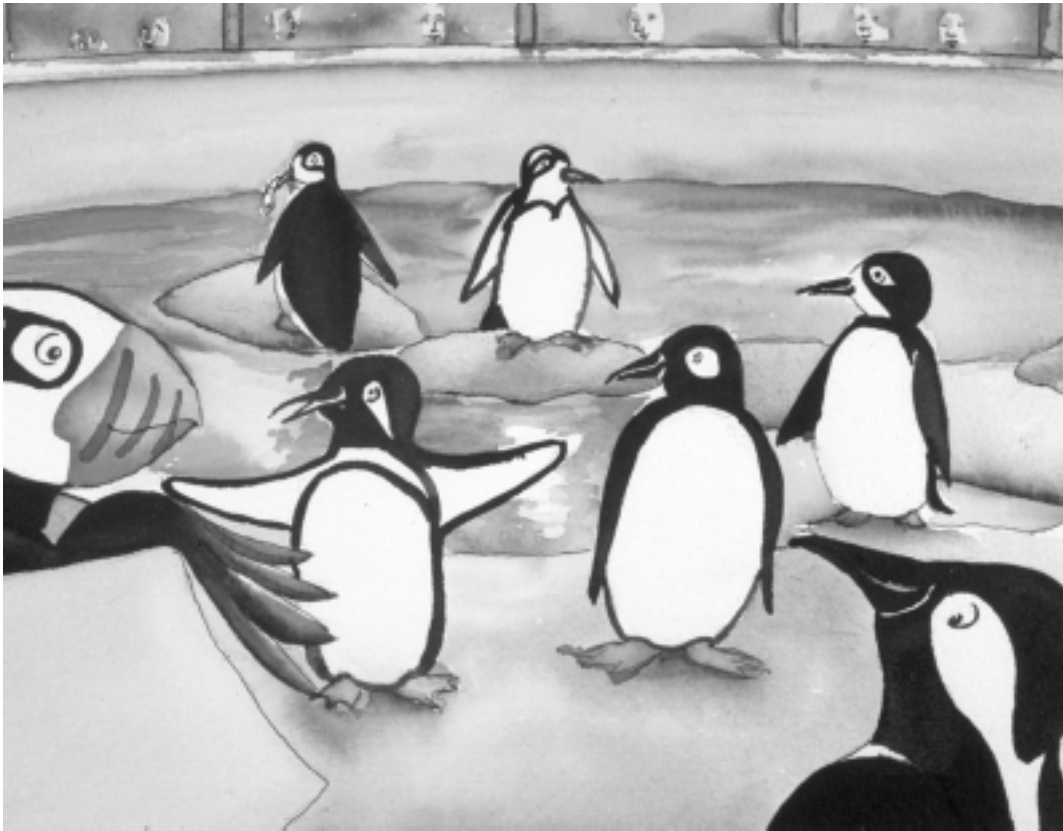
“You’ll never guess! Look,” said the soft voiced man.

The lid of the box flew open. Travels in Circles opened his eyes and looked up to see two sets of eyes looking back at him.

“Oh my goodness Sam!” exclaimed the surprised woman.

“A Puffin! Wherever did you find him? He looks so scared.







Don't worry, little bird...we'll take good care of you here at the Aquarium."

"Thanks, Gina. I knew you'd help. I caught him down by the market just as he was getting ready to help himself to some fish at Peter's stall. Good thing I caught him first," laughed the man.

Travels in Circles heard the laughter but was too scared to see any humor in his situation.

"Okay little guy," said the woman softly. "Let's get you in with the penguins. I hope you don't take escape lessons



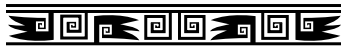


from those renegades.”

The lid on the box closed again. When it reopened, Travels in Circles found himself in an enclosure with rocks and fish and three very large birds. The largest came up to him, “So, mate. What’er yer in fer? What did they gets ya fer? We three’er the Doolin boys. We’re planning a split out of here today. Yer looks like a likely mate to join us.”

“But...I just got here. What is this place? Won’t the Sam get me if I leave?” asked a scared Travels In Circles.

“Ha, Ha, Ha, that’s a good one!” laughed Penguin #2.





“We Doolin boys, we don’t care. We’re bustin’ out in a few so...mate, stay close!”

“Hey you guys, duck! Here comes the jailer. Stay close to the door and when I give the signal, everybody out!” instructed Penguin #3.

The smallest Penguin signaled and the two other Penguins grabbed the puffin by his wings, pulling him along as they ran out the door. The keeper fell backwards, calling after them as they raced down the corridor.

“Hey you guys!” called the Keeper. “Get back here! Penguins are out again, Gina! They’re heading towards







the Bay. Quick, call animal control!”

Within minutes, the three Penguins and Travels in Circles were in the bay, right where Travels in Circles had come ashore only hours before. The Doolin brothers laughed as they swam north. Travels in Circles could barely keep up and called for them to slow down.

“Listen mate,” smirked Penguin #1. “We got you out. Now you owe us!”

Travels in Circles was very frightened. He had always wanted friends but this was not what he had in mind. He wished now that his mother and father were around to







tell him what was the right or wrong thing to do.

“What do you want me to do?” asked a scared Travels In Circles.

“Stand guard while we climb on that boat. We want to see what is on it. It’s our favorite thing to do! Come on brothers...let’s go!” led Penguin #1.

The Penguins climbed up onto the boat while Travels in Circles kept watch. The hungry puffin became distracted from his assignment, however, and dove down to catch a salmon. When he returned to the surface he saw the three Penguins being chased off the boat and into a net held by







the aquarium's keeper.

Travels in Circles swam away as quick as he could, holding his fish in his beak.

“Well, having friends like that wasn't much fun. Now, I guess I'd better go home. But, which way do I go. I don't know where home is. Oh, no,” cried Travels In Circles.

The Puffin cried as he swam in circles. A sea lion watching the confused bird, ate a salmon, burped politely behind one flipper, and than swam over to where Travels in Circles was now struggling to pull himself onto the shore.







“Son, what are you doing here?” roared Sea Lion.

Travels in Circles told the Sea Lion the entire story of how he had gotten lost, caught, escaped, and now lost again.

The Sea Lion listened closely to the Puffin’s tale. When the bird had finished, Sea Lion grunted, nodded, and looked up into the tree over head and said, “Ah Ha! There you are! I thought I heard you. Well, come on, make yourself seen.”

A tiny black bat fluttered to the ground and landed







between them.

“Hello, Sea Lion,” greeted Bat. “I didn’t mean to eavesdrop, but, well, I was just hanging around. I think I know of a way we can help our lost friend. There’s a healer who lives deep in the forest. He is smart and very kind. If you will help me, together we can help our new friend get to a safe place.”

“Of course I’ll help,” offered Sea Lion. “Let’s go now while it is dark. It’s a much safer time for travel. Lead on little Bat!”

Sliding back into the water, Sea Lion and Travels in Circles







followed Bat's direction. They swam up a canal, into a series of lakes, and out of the city until they reached a small stream. Sizing up the situation the sea lion said, "Travels in Circles, I am too big to travel that stream. You must continue your journey with Bat but without me. I'll ask Grandfather, our Creator, to watch over you. Now go, travel straight!"

"But what do I do if I get hungry?" asked Travels In Circles.

"Look into the water there are fish in the stream," replied Sea Lion.







“My goodness! Look at them all. I never noticed,” shouted an excited Travels In Circles.

With that the gentle Sea Lion turned and swam away.

After snacking, the puffin and the Bat started again on their journey. It wasn't long until they spotted a glowing light through the trees and heard the sound of wings beating overhead. Indeed, Eagle had heard the prayers Sea Lion had sent and had come to greet the bird and the bat.

As the odd trio traveled toward the healing circle, the







glow grew brighter. When they reached the light of the healing circle, Coyote, who stood at the north of the circle, smiled and thanked the unselfish bat, and gestured for Travels in Circles to join him.

“Welcome dear Puffin. We have heard of your long journey from the north. Salmon, Orca, and others now sing songs of your journey. We know of the loss of your parents and of their concerns for you. We know why life has been hard for you. Come, come and meet Dr. Raven,” invited Coyote. “He and his helpers are waiting.”







As Coyote escorted Travels in Circles over to the group, Dr. Raven came forward to greet them, “Please sit, dear Puffin. We’re glad you came. I am here to tell you of the time before you were born, of the alcohol your mother drank, and of how, unknown to her, your father, or you, how the alcohol affected your brain. Tonight I will have my helpers come to meet you, talk with you and teach you. We will help you make a plan for your life.”

Dr. Raven and his team weighed and measured the puffin...they evaluated his language, reading, spelling, and math skills; and assessed his daily living skills. After several







hours, Dr. Raven and the team members sat down with Travels in Circles to discuss what they had learned. The puffin, as had previously been believed, was affected by Fetal Alcohol Syndrome. When he was told of this diagnosis, Travels in Circles seemed relieved.

“I have wondered all my life what was wrong with me. Now I know that these problems are not my fault. Now I don’t have to feel so bad. Thank you all for your help,” said a relieved Travels In Circles.

“You are welcome. Now, I would like to introduce you to Misty Woodpecker. She will show you to your new home.







Misty’s family has offered to help you get started. Please go to your new home with the Woodpeckers. All of us here in the forest will help you to have a healthy, happy life,” replied Dr. Raven.

On the following pages is the information and the suggestions that Dr. Raven and his team provided to Travels In Circles.





SECTION 2

A HELPFUL GUIDE TO QUESTIONS AND CONCERNS

Not every child affected by alcohol looks the same or will have every problem listed in this book.





WHAT YOU CAN DO... BEFORE YOUR CHILD IS BORN...

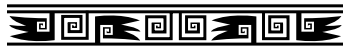
The most important thing you can do is to look after your own health, eating the right food, getting lots of sleep, fresh air and exercise, not smoking, not using drugs, not drinking any alcohol, and seeing your doctor or midwife often when you are expecting. A father can help, too, by not drinking and helping his baby's mother take good care of herself. A baby needs two parents and the whole community to help grow in a healthy way. Planning







a sober pregnancy is the first responsibility both parents can take together.

If a pregnant woman drinks alcohol, so does her unborn baby. Alcohol goes to the baby's brain and can harm it in ways that affect the child from birth throughout their life. Alcohol can change the way your child looks and how their body works. How alcohol affects your child's body and brain is described next along with some of the problems children with FAS and FARC may have. Examples of things parents have done to aid their child are included. They may be of help to you, too.





ALCOHOL AND YOUR BODY...





AN ADULT WITH FAS MAY HAVE A UNIQUE PHYSICAL APPEARANCE:

Facial features often include:

- Smaller eyes that are wide apart
- Longer, smoother area between the nose and upper lip (philtrum)
- Thin upper lip

How the body is affected:

- Shorter
- Thinner
- Smaller at Birth





The appearance of these physical features often change over time. Some children get taller and heavier. Sometimes the face changes so much, the child does not look like they have FAS anymore. Because of this, it is very important that someone who knows about FAS looks at your child and gives you the right diagnosis.





ADULTS WITH FAS MAY HAVE PROBLEMS WITH:

- Eyesight
- Hearing
- Their teeth





ALCOHOL AND THE BRAIN...





**CONCERNS THAT RESULT
FROM THE BRAIN BEING DAMAGED
BY ALCOHOL CAN INCLUDE:**

- Problems speaking
- Limited listening skills
- Sleeping problems
- Learning problems
- Problems with peer relations
- Sexual problems

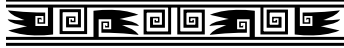




CHALLENGING BEHAVIORS AND PROBLEMS AN ADULT MAY HAVE:

- Being easily irritated
- Socially inappropriate behavior
- Anger management problems
- Being easily distracted
- Making repeated mistakes
- Being confused





- Not being able to always remember what they are told
- Not being able to follow directions all the time
- Not being able to follow more than one direction at a time
- Mixing up things they are told
- Not recognizing danger and doing unsafe things





- Being easily lead by their peers
- Getting into legal problems
- Becoming pregnant or fathering a child



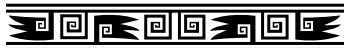


THINGS YOU CAN DO TO HELP YOURSELF AND ADULTS WITH FAS/FARC

There are many steps you can take to help an adult with FAS/FARC. Help the adult set goals and expectations at a reasonable level and keep a sense of humor!

HYGIENE

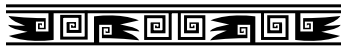
Many adults with FAS have trouble taking care of





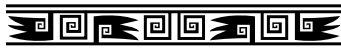
their personal hygiene needs. They may not know how to wash themselves or forget the proper order to do this in:

- Tape record each step that is needed to accomplish either a shower or bath. Have your adolescent play this every time they clean up;
- Post a schedule that tells them what days and what time they are to take their bath or shower, e.g., every other day, every day but Friday;
- Write out or put on tape a morning routine in





- the correct order, e.g., washing their face, brushing teeth, combing/brushing hair, getting dressed, underwear, socks, shirt, pants/skirt; and
- For adult women, ensure they have a clear understanding of menstruation. Explain, through pictures and, if needed, anatomically correct figures, what menstruation is, how to use tampons or pads, and help normalize cramps and the entire process.

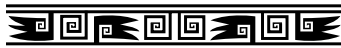




SEXUAL ISSUES

Early adulthood is a time of many residential, financial and familial changes and confusion. It is a time of increased vulnerability and a working towards their independence. This is a hard time for anyone, but for adults with FAS or FARC, they can be particularly trying.

Taking extra time, being aware of these changes, and helping the adult understand them in a simple manner can make this time less stressful. Below





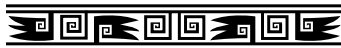
are some of the areas that are especially of concern along with some of the actions parents and caretakers have used to help adults with FAS/FARC.

- Learning about human sexuality is often an embarrassing process for adolescent and parent alike. There are excellent books out that can explain the physical aspects of sexuality in clear, concrete terms;
- Birth control is a difficult issue. Many methods



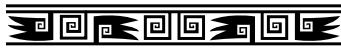


require planning, forethought, and consistent use. People with FAS are often impulsive and do not consider the consequences of their actions. This makes them particularly vulnerable to sexual exploitation, sexually aggressive behavior, sexually transmitted diseases, and unplanned pregnancy. Long-term birth control methods such as Depo-Provera, IUD's, and Norplant may be helpful in preventing unplanned pregnancies but do not resolve the





- other issues; and
- The same lack of behavioral control that can lead to unplanned pregnancy, unprotected sex, is a concern with the risk of HIV/AIDS and other sexually transmitted diseases. It is important that the adult know how to protect themselves. This may go against a family's moral values and teachings, it is critical to weigh the risk of a potentially deadly disease against ignorance; and

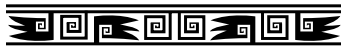




- Due to their poor judgement and impulsivity, adults, male and female, with FAS/FARC may be at risk for becoming sexually aggressive. Close supervision and involvement in structured social activities can help provide for safe socialization and teach social skills.

SUBSTANCE USE AND MENTAL HEALTH ISSUES

Early adulthood, in general, is a time to experiment with independence, susceptibility to peer pressure





is still a concern. This can take the form of substance use or abuse, sexual issues as described above, criminal actions, or involvement with inappropriate peers, e.g., gangs in some instances. Knowing that they are different can lead adults with FAS/FARC to inappropriate actions to fit in with their peer group. This can include “bragging” which is interpreted as lying, or involvement in negative and dangerous situations by being easily lead.





- If the adolescent begins to show erratic behavior, it can be due to depression, substance use, FAS/FARC, or lack of structure and support. A mental health/substance abuse evaluation can be helpful to determine both the cause of the behavior and useful interventions;
- If the adult with FAS/FARC becomes involved with inappropriate peers, setting up activities where they will be connected with healthy friends can lead to positive changes;





- Treatment programs for both mental health and substance abuse issues should include education about the increased risk of alcoholism, daily living skills, and long-term structure after treatment. A substance free support group will be the key factor in helping the adult with FAS/FARC remain clean and sober;
- AA groups, where a sponsor can fulfill the role of mentor and help provide structure may also be valuable.





SOCIAL SKILLS

It is important to realize that the changes and pressures that the adult is going through may be normal but the way the adult handles them is not. Many adults with FAS/FARC are aware of their deficit's and their inability to keep up with their age mates. Parental, familial, and societal expectations can lead to frustration and low self-esteem.

Many adults have outgrown much, or in some





cases, all of the growth deficiencies of their childhood. Their appearance can “normalize” and, based on this appearance, people expect them to “act their age.” In reality, the emotional maturity and cognitive abilities of an adult with FAS/FARC may be years lower than their actual age. Again, the gap between expectations and abilities can lead to frustration, depression, and acting out behavior, sexual and otherwise.

- The adults skills and strengths should be assessed





- on an on-going basis;
- Helping set realistic goals and expectations based on such an assessment can lead to success and increased sense of self-esteem and empowerment;
 - Providing an adult with FAS/FARC with opportunities to learn and use their skills in the real world can help them to recognize their skills and limitations in a healthier fashion;
 - Provide them a safe, supportive, and





nonjudgemental forum to discuss their feelings. This may not be in the arena of talk therapy. It might be a support group, individual therapy that is more concrete and goal-oriented, or an activity-based interaction;

- Traditional cultural activities that allow for social interactions in a healthy, supportive environment can also be useful;
- Keeping a sense of humor and patience, using family and community resources for support,





and maintaining the same level of structure can lead to more predictability and less frustration for all family members or others living in the same setting.

LEARNING NEW THINGS

Our world is a complex and confusing place at times. Each person has their own way and pace of learning.

- Some people learn better if you show them

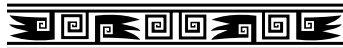




examples of what is wanted rather than just telling them.

- Give directions one at a time;
- In the simplest language possible; and
- Using the same words everytime.

One adult had pictures of themselves getting dressed, brushing their teeth, making their bed, and picking up their room. These pictures were put up on a reminder board in the order each task was to be done. Photos of the contents of dressers

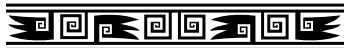




and cabinets were placed on the outside of each maintained many skills and gained a sense of success and independence.

Many people may feel that adults should be able to do this on their own. However, given the memory deficit's and lack of information retention common with this disability, such prompts are still needed and lead to success.

- Structure safe environments with as few changes as possible, are the most useful settings for learning and success.





EDUCATIONAL NEEDS

Educational needs are primarily vocational and daily living skills.

- An activity-based curriculum where the adolescent is taught basic skills in the context of everyday living is helpful, e.g., not shoplifting, how to read package labels, how to cook, and how to clean;
- Learning to use calculators, computers, and other learning aids is often beneficial;





- On the job training, outside the classroom, is a good method of teaching not only job skills but also social and communication skills; and
- Preparation for post-high school education is suggested. This can include vocational training, community college, or college, depending on the environment, adolescent's ability, and support system to help such training occur.

As you or your child becomes an adult, needs and abilities change. As you and/or your child continue





on in the journey of their life, seek out the helpers in your family and community that can aide and support you. Together, we can help you or your special child reach their full potential; the same gift any person deserves!



For further information on Fetal Alcohol Syndrome
and other alcohol related conditions please contact:

**Fetal Alcohol Syndrome Diagnostic
and Prevention Network, Seattle, WA.**

(206) 685-9888

or e-mail at:

<http://depts.washington.edu/fasdpn/>



Despite his flaws, Travels in Circles was a cheery bird who loved to spend his time playing with the pebbles on the beach. His parents loved him very much and continued to care for their adult son. When other parents criticized or questioned them about this, Mother and Father Puffin would simply smile and reply, “He is a gift the Creator gave us for our old age.”



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