





## Strategies for Addressing FASD, Birth - Age 3

Sleeping	Eating	Touch/Sensory	Developmental Delays
 <ul style="list-style-type: none"> <li>• Trouble falling asleep</li> <li>• Wakes after short periods</li> <li>• Does not develop a regular sleep/wake pattern</li> </ul>	 <ul style="list-style-type: none"> <li>• Has trouble coordinating sucking and swallowing</li> <li>• Tires easily from feeding (falls asleep)</li> <li>• Pushes nipple or spoon out of mouth with tongue</li> <li>• Is easily distracted away from task of eating</li> </ul>	 <ul style="list-style-type: none"> <li>• Stiffens, rather than softens when held</li> <li>• Bathing, brushing teeth or hair are difficult</li> <li>• Startles easily</li> <li>• Sniffs everything</li> <li>• Certain clothes, tags are irritating; child removes clothes</li> </ul>	 <ul style="list-style-type: none"> <li>• Skills such as walking, talking are delayed</li> <li>• Physical skills may be clumsy</li> <li>• Language acquisition is slow</li> <li>• Needs to hear things over and over again</li> </ul>
<p style="text-align: center;"><b>Strategies to Help</b></p>	<p style="text-align: center;"><b>Strategies to Help</b></p>	<p style="text-align: center;"><b>Strategies to Help</b></p>	<p style="text-align: center;"><b>Strategies to Help</b></p>
<ul style="list-style-type: none"> <li>• Keep swaddled or use heavy bedclothes/sleeping bag</li> <li>• Don't pick up from crib right away when they wake</li> <li>• Put babies to sleep when drowsy, not asleep</li> <li>• Try a high protein snack before bed</li> <li>• Develop a bedtime routine</li> </ul>	<ul style="list-style-type: none"> <li>• Adjust nipple opening on bottle</li> <li>• Feed smaller amounts more often</li> <li>• Try different nipples, spoons</li> <li>• Feed in a quiet, low light place, no talking</li> <li>• Seek sensory integration therapy</li> </ul>	<ul style="list-style-type: none"> <li>• Wrap snugly in a towel or blanket before handling</li> <li>• Try different brushes</li> <li>• Break hair or tooth brushing into several short sessions</li> <li>• Try a shower for a toddler</li> <li>• Speak quietly before touching</li> <li>• Provide sensory experiences</li> <li>• Remove tags from clothing; turn socks inside out</li> </ul>	<ul style="list-style-type: none"> <li>• Check with doctor to rule out physical problem</li> <li>• Encourage lots of physical activity</li> <li>• Use songs, book tapes, tape recorders etc. to increase language practice</li> <li>• Use pictures to reinforce language</li> <li>• Provide lots of play time with other children</li> </ul>