



# “Triumph Through the Challenges of Fetal Alcohol Syndrome”

## 12 Hour Training Program For Parents

*Developed by Double Arc, Nofas Ohio and funded by a grant through the Center for Disease Control and Prevention's National Division of Birth Defects and Developmental Disabilities. Donnie Kanter Winokur was certified as a facilitator and trainer in 2009 by Double Arc, Nofas Ohio for both parent and educational training programs*

This workshop provides basic information on Fetal Alcohol Spectrum Disorder (FASD) through a 12-hour curricula. The series can be adjusted to accommodate individual school schedules. Topics include cause, prevalence, how alcohol affects the developing brain, primary and secondary disabilities. Participants will learn how to develop effective strategies and supports for persons with FASD; and what it looks like in the classroom.

### Outline of Program Learning Objectives

#### Factual Base:

- I To identify cause and characteristics of FAS/ARND
- II To understand chronological age vs. adaptive age of the child

#### Behavioral Issues

- I To understand the underlying causes of inappropriate behaviors of children with FAS/ARND
- II To experiment with and evaluate the effectiveness of different responses to child's behavior
- III To recognize the multi-layered intervention necessary to ensure child's success

#### Behavior Management

- I To recognize indicators that signal imminent meltdown (disruptive, out-of-control) behavior and intervene to prevent escalation
- II To respond to the student in a way that fosters self-esteem in the student
- III To create a home environment conducive for children with FAS/ARND to succeed

### Coping Skills

- I To surface and address issues related to teaching a child with FAS/ARND
- II To develop a positive child-parent relationship

#### Application

- I To generate and apply appropriate strategies that deal with the issues surrounding raising a child with FAS/ARND
- II To match problem solving with realistic expectations
- III To experiment with and evaluate the effectiveness of different responses to child's behavior
- IV To create intervention strategies to alleviate or lessen potential problem areas outside the home
- V To concretize and apply the knowledge learned throughout the series
- VI To reinforce and extend problem solving skills and evaluate the effectiveness of these strategies