

How to Help a Child with FASD with Memory Challenges

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Your child with FASD may have challenges with memory (short term and/or long term) due to their diagnosis. They may have difficulty with remembering what someone said to them, with repeating the same mistake, or with knowing how to do something one day, and forgetting the next. Try some of the following tips to help support them.

- **Use reminders**
 - Be generous with providing reminders
 - Give reminders in a positive, supportive tone
 - Visual reminders work too, and are sometimes better
 - Post printed visual and/or text reminders where they might need them. Ask them for their help for where the reminders should be posted in your home
- **Ask if they need your help**
 - They may not ask for help on their own
 - They may not want to appear “stupid”
- **Use repetition when teaching a skill**
 - May need to reteach “known” skills if they forget
 - May need to reteach in new environments

References:

Healthy Child Manitoba. (2017). *Everyday is an adventure: What parents and caregivers need to know about fetal alcohol spectrum disorder (FASD)*.

https://www.gov.mb.ca/fs/fasd/pubs/fasd_caregivers.pdf