



Info Rx

Fetal Alcohol Spectrum Disorders

Fetal Alcohol Spectrum Disorders (FASD) is an umbrella term used to describe the range of effects that can occur in an individual whose mother consumed alcohol during pregnancy.

Check out these resources! Use your phone to scan the QR codes to open the links!

Books

These books have been recommended by Alberta Children's Hospital staff and community partners. Books can be borrowed from the FCRC Family Library or you can check with your local library to see if they are available.

<https://collections.follettsoftware.com/collection/5f2c7e21e272f70012ec4498>



FCRC Information Prescription

Check out all these resources and more on our website.

<http://fcrc.ahs.ca/rx/fasd/>

About Kids Health

SickKids Hospital in Toronto, Ontario created this resource page on Fetal Alcohol Spectrum Disorder (FASD).

<https://www.aboutkidshealth.ca/Article?contentid=857&language=English>



Government of Canada

The Government of Canada provides information about FASD: its causes, signs and symptoms, health effects, prevention, and support.

<https://www.canada.ca/en/public-health/services/diseases/fetal-alcohol-spectrum-disorder.html>

Canada FASD Research Network

Canada FASD Research Network aims to provide information for caregivers, professionals and those affected by FASD.

<https://canfasd.ca/>



Alberta FASD

A unique made-in-Alberta plan on FASD focuses on developing and delivering community based solutions, making it easier for people affected by FASD to get the help they need, at any point during their life.

<https://www.alberta.ca/fetal-alcohol-spectrum-disorder-fasd>

Calgary Fetal Alcohol Network

CFAN aims to reduce the incidence of FASD and ensure people who are affected by FASD are able to lead positive, fulfilling lives.

<https://www.mycfan.ca/>



Kid's Quest: FASD

This resource was created by the Centers for Disease Control and Prevention to teach children about FASD.

<https://www.cdc.gov/ncbddd/kids/fasd.html>

Saskatchewan FASD network: tools and strategies

Saskatchewan FASD Network created this Strategies and DIY Tools page to support those whose lives are affected by FASD.

<https://www.saskfasdnetwork.ca/resources/networkresources/toolsstrategies>



VIDEO—FASD United : Laura—birth mother of a person with FASD

FASD United seeks to create a global community free of alcohol-exposed pregnancies and a society supportive of individuals already living with FASD. This video raises awareness about mothers of children with FASD.

<https://www.youtube.com/watch?v=vn4lbre3IKY>

eBook—So You Have Been Diagnosed with FASD : Now What?

Boyle Street Education Centre and Agnieszka Olszewska (2007)

This handbook aims to help young people with FASD learn more about it.

http://www.fasdnetwork.org/uploads/9/5/1/1/9511748/you_have_been_diagnosed_with_fasd.pdf



eBook—FASD : Strategies not Solutions

Edmonton Fetal Alcohol Network (2007)

Designed for caregivers and professionals who work with people with FASD.

https://edmontonfetalalcoholnetwork.org/wp-content/uploads/2019/02/strategies_not_solutions_handbook.pdf

Need more information?

Contact the Family Librarian

☎ 403-955-7745 ✉ ChildHealthInfo@ahs.ca 🌐 <http://fcrc.albertahealthservices.ca/>

Family & Community Resource Centre

2nd Floor, Alberta Children's Hospital - 28 Oki Drive NW, Calgary, AB, T3B 6A8

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Updated: January 2024