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.

Borrow these books from the FCRC or check your local library!

**Understanding Fetal Alcohol Spectrum Disorder: A Guide for Parents, Carers and Professionals**  
*Maria Catterick and Liam Curran (2014)*  
Understanding Fetal Alcohol Spectrum Disorder is a useful introduction to the most common non-genetic learning disability. FASD is caused by alcohol consumption during pregnancy. Written by two FASD experts, it describes how alcohol can harm the fetus and disrupt development, and explains how FASD affects individuals at different stages of their lives.

**The Best I Can Be: Living with Fetal Alcohol Syndrome or Effects**  
*Liz Kulp (2013)*  
Liz Kulp, a young teen affect by fetal alcohol exposure invites the reader to peer inside her life and brain. Through her own writings the reader is taken on a life changing journey that will impact their thinking about how to help and understand children with brain damage due to fetal alcohol exposure.

**Understanding Mental Health: Fetal Alcohol Spectrum Disorder**  
*Ellen Rodger and Rosie Gowsell (2014)*  
This title gives an overview of the mental, behavioral, and physical impairments of FASD, as well as new research, treatments and methods for managing behavioral issues.

Additional resources available fcrc.ahs.ca/rx/fasd/