



FASD Caregiver Support Plan

Use this to record what helps the child succeed at home, school and in the community. The plan should describe the child's individual strengths and needs, not assume every person with FASD has the same profile.

Child / youth

Caregiver

Date reviewed

People who should have a copy

Strengths and interests

What helps the child understand

- ☐ One instruction at a time
- ☐ Visual schedule or written steps
- ☐ Extra processing time
- ☐ Show / model the task instead of relying only on verbal instructions
- ☐ Repeat the same wording and routine consistently



FASD Caregiver Support Plan: Regulation & Safety

Common overload signs

What usually helps

- ☐ Reduce noise, people, choices or competing demands
- ☐ Move to a quieter space
- ☐ Offer movement, food, water, rest or sensory support
- ☐ Use calm, concrete language and fewer words
- ☐ Delay problem-solving until the child is regulated

Things adults should avoid

- ☐ Long lectures during escalation
- ☐ Assuming repeated mistakes mean the child did not care
- ☐ Rapidly changing rules or consequences
- ☐ Public correction or shaming
- ☐ Expecting verbal agreement to prove full understanding

Safety / crisis plan