



FASD School Meeting Planner

Bring this to a school meeting when a student has FASD, suspected FASD or a similar neurodevelopmental profile. Focus on what the student needs to learn and regulate, not only on behaviour incidents.

Student

School / grade

Caregiver

Meeting date

What is going well?

Where does the student get stuck?

- ☐ Following multi-step directions
- ☐ Remembering routines or previously learned rules
- ☐ Transitions between activities or rooms
- ☐ Time, money, sequencing or abstract concepts
- ☐ Sensory overload / noise / crowded settings
- ☐ Emotional regulation or recovery after stress



School Meeting: Supports to Try

Possible supports to discuss

- ☐ Visual schedule and advance warning before transitions
- ☐ One instruction at a time, with the student asked to show rather than simply repeat
- ☐ Consistent routines and consistent adult language
- ☐ Reduced-distraction or quiet work area when needed
- ☐ Movement / sensory breaks
- ☐ Chunked assignments and extra processing time
- ☐ Concrete examples for time, money and planning
- ☐ A trusted adult the student can go to before escalation
- ☐ Strength-based goals and opportunities for success

Actions, owner and review date