



Memorandum

#13-085

TO: WIC Local Agency Directors

FROM: Linda Brumble, Unit Manager
Nutrition Education/Clinic Services Unit
Nutrition Services Section

DATE: August 19, 2013

SUBJECT: September 9th is International FASD Awareness Day

September 9th is International Fetal Alcohol Spectrum Disorders (FASD) Awareness Day. On this day we remind all women and men that there is no safe time, no safe amount, and no safe kind of alcohol consumption during pregnancy.

FASD is an umbrella term used to describe a range of permanent birth defects caused by maternal consumption of alcohol during pregnancy. What makes FASD different from other birth defects is that it is 100% preventable if a woman does not drink any alcohol during her entire pregnancy, even before she knows she is pregnant.

On September 9th, please help raise awareness about FASD. Pass on the information to someone you care about who may be pregnant or planning to be. If a family thinks they may have a child with an FASD, they should consult their doctor. Remember, anytime is a good time to remind women who are, who may be or who are trying to become pregnant, that they should not drink alcohol.

Here are a few ideas of how local agencies can observe FASD awareness in September and all year long:

- Offer the NE class, “Fact or Myth” (NR-000-17) for September.
- Have a bulletin board display for FASD Awareness. Find more resources and printable handouts at:
 - <http://fasday.com/>
 - <http://www.nofas.org/>
 - <http://fasdcenter.samhsa.gov/fasdawarenessday/FASDAwarenessDay.aspx>
- Have pamphlets about FASD available for clients to take, such as “Drinking and Your Pregnancy” (13-06-13276) that is available from the WIC catalog.
- Include a booth about FASD at your next health fair or nutrition carnival.
- WIC staff can attend FASD online or IDL training. See the Texas WIC training schedule for more information.
- Read the article, “Debunking the Myths about Fetal Alcohol Spectrum Disorders”, in the September/October issue of Texas WIC News and share the information with family and friends.
- Check out the 12 day online teleseminar (free September 9 – 20) for families living with FASD hosted by LivingwithFASD.com. See the attached flyer for more information.

If you have questions or require additional information, please contact Angela Gil, Nutrition Education Consultant, at 512-341-4590, or angela.gil@dshs.state.tx.us.

12 Day Online Teleseminar For Families Living With FASD

2013 Summit

Living With FASD

Starts September 9, 2013 LivingWithFASD.com Register NOW!

As a Parent of a Child with FASD, wouldn't it be nice to have on hand essential tips and ideas from experts with the latest research, without leaving home?

And how reassuring would it be if those experts also happened to be parents of children with FASD themselves? Who knows better than people like you who walk in the same shoes you do, right? Well, now you can! In this new and exciting initiative, our team has specially invited an international panel from seven countries. Fifteen of the twenty-two speakers, not only have raised children with FASD themselves, but also have professional careers in areas related to FASD.

To hear these people, you would usually have to attend a FASD conference, but now there is an easier way, through something new called a telesummit.

A telesummit is like a mini conference on FASD, but boiled down to two, one-hour expert interviews a day that you can listen to on your computer. It will run for 12 days, starting September 9th, which of course is International FASD Awareness Day!

And, one of the best parts is that even if you can't make all the interviews on the scheduled day, or don't have time to listen during the free 24 hour window afterwards, you can still download them *ALL 22* (along with transcripts) later for a small fee of \$45, so you can listen/read at your leisure.

To round out this select panel, we have included three adults with FASD, one of whom is a professional musician. These adults will talk about the typical challenges they have faced, important milestones in their lives and what are their strategies for success.

And best of all, all these experts will share tons of easy and practical tips with you, from their professional and personal experience that you can then put into action to make life easier with your own kids.

Don't miss out on this ground breaking telesummit! Sign up today and sit back from Sept 9th, to take in advice, inspiration and information that make your life and that of your kids easier. To reserve your place for this event, visit www.LivingWithFASD.com to register.