

WE HELP KIDS AND FAMILIES  
BE THEIR HEALTHIEST



## FETAL ALCOHOL SPECTRUM DISORDER / L'ENSEMBLE DES TROUBLES CAUSÉS PAR L'ALCOLISATION FOETALE

*Kaitlin Atkinson Family Resource Library / Bibliothèque de  
ressources familiales Kaitlin Atkinson*

*Resource List / Ressources*

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**The best I can be: living with fetal alcohol syndrome-effects** / Kulp, Liz -- Brooklyn Park, MN: Better Endings New Beginnings, 2000.

*Written by a young girl with FAS and co-written by her adoptive mother, this short book is packed with information and provides a unique perspective.*

FAM RG 629 .F45 K846

**The challenge of fetal alcohol syndrome: overcoming secondary disabilities** -- Seattle, WA:

University Of Washington Press, 1997.

*This book provides expert recommendations and strategies for individuals living with fetal alcohol syndrome and fetal alcohol effects in order to improve daily life.*

FAM RG 629 .F45 C42

**Damaged angels: a mother discovers the terrible cost of alcohol in pregnancy** / Buxton, Bonnie --

Toronto: Knopf Canada, 2004.

*An in depth story of a family's adoption of a child with fetal alcohol spectrum disorder and the joys and triumphs that resulted.*

FAM RG 629 .F45 B89

**Fantastic Antone grows up: adolescents and adults with fetal alcohol syndrome** -- Fairbanks, AK:

University of Alaska Press, 2000.

*This book about young people with FAS/E and their caregivers, report on their experiences coping with the problems of adolescence and young adulthood. The editors and authors have concentrated on the wisdom of practice, as they candidly convey which techniques worked and which did not during the difficult passages of the teenage years and beyond.*

FAM RG 629 .F45 F36

**Fantastic Antone succeeds! experiences in educating children with FAE-FAS** -- Fairbanks, AK:

University of Alaska Press, 1993.

*This book describes in concrete, specific ways how to educate children with fetal alcohol syndrome/fetal alcohol effects (FAS/FAE). It communicates an optimistic message that is both true and appealing: with the right education, delivered by a nurturing individual in the home or in the school, many alcohol-affected children thrive.*

FAM RG 629 .F45 F35

**Fetal alcohol syndrome: a guide for families and communities** / Streissguth, Ann Pythowicz --

Baltimore, MD: Paul H. Brookes Publishing, 1997.

*Compelling and easy to understand, this book explains the medical and social issues surrounding fetal alcohol syndrome (FAS) and fetal alcohol effects (FAE). Compassionately written by the expert psychologist who conducted some of the earliest examinations of children with FAS and FAE more than 20 years ago, this guidebook explains how to identify and work with children and adults who have the disorder and how to educate prospective mothers and society at large.*

FAM RG 629 .F45 S78

**Fetal alcohol syndrome: the real brain drain** / Szabo, Paul -- Ottawa: Paul Szabo, 2000.

FAM RG 629 .F45 S93

**Let's talk FASD: parent driven strategies in caring for children with FASD: parlons de l'ETCAF: stratégies venant des parents pour le soin des enfants ayant l'ETCAF** -- Ottawa, ON: VON Canada, 2005.

*This resource provides practical tips, techniques and strategies to help parents meet the needs of children with FASD. Available online / Cette ressource fournit des conseils pratiques, techniques et stratégies pour aider les parents à répondre aux besoins des enfants atteints de TSA. Aussi*

disponibles en ligne (English Version) [http://www.faslink.org/fasdtool\\_fullproof2.pdf](http://www.faslink.org/fasdtool_fullproof2.pdf)  
(version français) <http://vivreaveclesaf.fr/uploads/images/ressources/guidespratiques/etcaf.pdf>  
FAM RG 629 .F45 L47 2005

**Our fascinating journey: the best we can be: keys to brain potential along the path of prenatal brain injury** / Kulp, Jodee -- Brooklyn Park, MN: Better Endings New Beginnings, 2001.  
*This book is filled with practical ideas and stories to help individuals with FAS achieve success.*  
FAM RG 629 .F45 K84

**Parenting children affected by fetal alcohol syndrome: a guide for daily living** -- Vancouver, BC: Society of Special Needs Adoptive Parents, 1998.  
*This book provides parents and caregivers information on common manifestations, common misconceptions, parenting suggestions, guidelines for daily living, special considerations for infants and adolescents and talking to your child about FAS.*  
Also available online: [http://fasd.typepad.com/resources/daily\\_guide\\_for\\_living.pdf](http://fasd.typepad.com/resources/daily_guide_for_living.pdf)  
FAM RG 629 .F45 P37 1998

### Web Sites / Sites internet

Fetal Alcohol Spectrum Disorder (FAS) - Public Health Agency of Canada / Ensemble des troubles causés par l'alcoolisation fœtale (ETCAF) - Agence de la santé publique du Canada  
<http://www.phac-aspc.gc.ca/hp-ps/dca-dea/prog-ini/fasd-etcaf/index-eng.php>

Fetal Alcohol Spectrum Disorders (FASD) - US National Library of Medicine  
<http://www.nlm.nih.gov/medlineplus/fetalalcoholsyndrome.html>

Kids Health - Health information for parents, kids, teens from the Nemours Foundation  
<http://www.kidshealth.org>

FASD Ontario Network of Expertise  
<http://www.fasdontario.ca/cms/>

Fetal Alcohol Spectrum Disorder Coalition of Ottawa  
<http://www.fasdottawa.ca/en/fasd/index.php>

Fetal Alcohol Spectrum Disorder (FASD) – About Kids Health / Ensemble des troubles causés par l'alcoolisation fœtale (ETCAF) – About Kids Health  
<http://www.aboutkidshealth.ca/en/healthaz/conditionsanddiseases/brainandnervoussystemdisorders/pages/fetal-alcohol-spectrum-disorder-fasd.aspx>

Fetal Alcohol Spectrum Disorders (FASD) – Centre for Addiction and Mental Health  
[http://www.camh.ca/en/hospital/health\\_information/a\\_z\\_mental\\_health\\_and\\_addiction\\_information/Fetal\\_Alcohol\\_Spectrum\\_Disorders/Pages/default.aspx](http://www.camh.ca/en/hospital/health_information/a_z_mental_health_and_addiction_information/Fetal_Alcohol_Spectrum_Disorders/Pages/default.aspx)

Fetal Alcohol Resource Program – Citizenadvocacy.org / Programme de ressources sur les troubles causés par l'alcoolisation fœtale  
<https://www.citizenadvocacy.org/fetal-alcohol-resource-program/>

### Local Contacts / Liaison régionales



Fetal Alcohol Resource Program  
Ottawa Citizen Advocacy  
312 Parkdale Ave.  
Ottawa, ON K1Y 4X5  
613-761-9522  
[info@citizenadvocacy.org](mailto:info@citizenadvocacy.org)  
<https://www.citizenadvocacy.org/fetal-alcohol-resource-program/>

FASD Group of Ottawa  
c/o 780 rue de L'Eglise  
Ottawa, ON K1K 3K7  
[info@ottawayoungparents.com](mailto:info@ottawayoungparents.com)  
Meeting Contact: [rosse@ncf.ca](mailto:rosse@ncf.ca)  
613-446-4144  
[www.fasdottawa.ca](http://www.fasdottawa.ca)

*This guide provides medical material for information purposes only and is not intended to replace the advice of your physician. The information may not always apply to your individual situation.*

*The guide represents material available in the Family Resource Library collection at CHEO. It is not intended to be an exhaustive list. Your local public library may also be able to provide you with information.*

*If you require materials in alternative formats, please contact the library at 613-737-7600 ext. 2157 or at [library@cheo.on.ca](mailto:library@cheo.on.ca).*

*Ce guide fournit du matériel médical pour informations seulement et ne vise pas à remplacer les conseils du médecin. Ces informations pourraient ne pas toujours s'appliquer aux situations individuelles.*

*Ce guide présente le matériel disponible à la bibliothèque de ressources familiales du CHEO. Ce n'est pas une liste complète. Votre bibliothèque publique locale pourrait aussi être en mesure de vous fournir des informations précieuses.*

*Si vous avez besoin des documents en formats alternatifs, s'il vous plaît contacter la bibliothèque au 613-737-7600 poste 2157 ou à [library@cheo.on.ca](mailto:library@cheo.on.ca).*

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