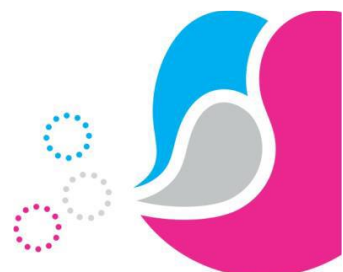


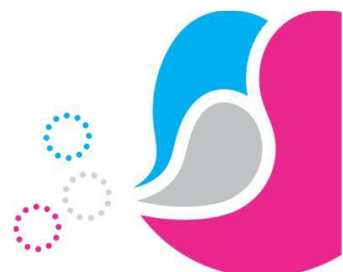
FASD CHECKLIST

The observations and assessments of parents and carers can be useful in assessment, diagnosis and planning interventions. This simple tool will help get you started.

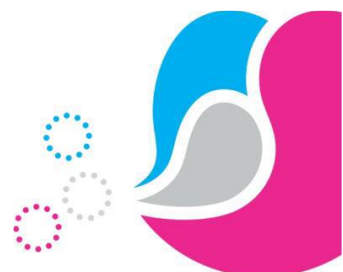
Area	Concerns/Symptoms	Y/N	Additional Notes
Gross motor skills	Difficulties with walking, balance, and coordination		
Fine motor skills	Difficulties with holding pencils/scissors or doing up buttons		
Cognitive skills	Difficulties with thinking and problem solving		
Memory	Difficulties with <ul style="list-style-type: none"> • Learning information • Forming associations • Learning from past mistakes • Repeating mistakes • Remembers something one day but not the next 		
Attention	<ul style="list-style-type: none"> • Hyperactive • Cannot follow through with tasks • Poor focus and concentration • Does not understand unspoken rules in social settings Withdrawn in own world <ul style="list-style-type: none"> • Daydreaming • Slow moving • Appear unmotivated 		



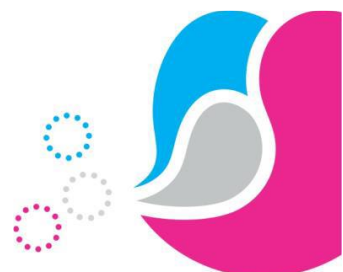
Sensory	<p>Over-reacts to stimuli</p> <ul style="list-style-type: none"> • Touch • Textures • Lighting • Taste • Smell • Unable to filter out background noise 		
	<p>Under reacts to pain</p> <ul style="list-style-type: none"> • Does not complain • Does not notice heat or cold 		
Speech and language	<ul style="list-style-type: none"> • Cannot answer questions easily • When answering, agrees or complies • When answering, makes up an answer • Talks excessively without any depth of understanding • Says “I don’t know” a lot or seems “shut down” • Needs time to answer - delayed reply • Difficulty with opposites – says hot when means cold • Picks up information from every third or fourth word 		
Impulsivity	<ul style="list-style-type: none"> • Poor judgement and not recognising consequences • Acts without thought 		



Judgment	<ul style="list-style-type: none"> • Difficulty making decisions • Cannot recognise danger • Cannot tell the difference between friends and strangers • Cannot tell between fantasy and reality 		
Development	<p>Acts younger than age</p> <ul style="list-style-type: none"> • Socially/friendships • Emotionally • Thinking 		
Coordination	<ul style="list-style-type: none"> • Poor hand-eye coordination • Visual spatial difficulties • Poor balance • Accidents 		
Perseveration	<ul style="list-style-type: none"> • Stuck on an idea or thought • Difficulty switching thoughts • Difficulty stopping activity or changing to a new one • Reacts strongly to a change in setting • May repeat words or phrases over and over • Reacts strongly to a change in program - support worker, new teacher, or respite carer 		



Conceptual skills – abstract concepts	Difficulties with (compared to other children their age) <ul style="list-style-type: none"> • Maths • Time • Money 		
Executive functioning	Difficulties with <ul style="list-style-type: none"> • Patterning problems – sequencing • Planning • Predicting • Organising • Prioritising • Initiating play and following rules • Setting goals 		
Emotional regulation	Difficulties with regulating emotions like sadness or anger		
Sleep	Difficulties around sleep <ul style="list-style-type: none"> • Falling asleep • Staying asleep • Waking up tired 		
Eating	<ul style="list-style-type: none"> • Never hungry • No appetite • Always hungry • Inability to stop eating 		
Toileting	Difficulties around going to and using the toilet <ul style="list-style-type: none"> • Bed wetting • Soiling 		
	<ul style="list-style-type: none"> • Delayed toilet training 		



Self-care and selfhygiene	Difficulties with <ul style="list-style-type: none"> • Dressing • Self-hygiene/care 		
School and learning	Difficulties in academic settings and schoolwork – reading, writing, and maths		
Other diagnoses	<ul style="list-style-type: none"> • ADHD • Autism • Other 		
Physical health concerns	<ul style="list-style-type: none"> • Dental • Vision • Hearing • Other 		

