BRAINS ARE DIFFERENT

Brains and FASD

This Book is a Product of NOFASD Australia

National
Organisation
for Fetal Alcohol
Spectrum Disorders

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The information contained in this book is intended to be informative and educational only, and should not be considered a substitute for professional medical advice.

See www.nofasd.org.au for more information.

Thank you for reading!

Everybody's brain is different.

Your brain is inside your head. It tells you how to sing and how to play soccer and how to read.

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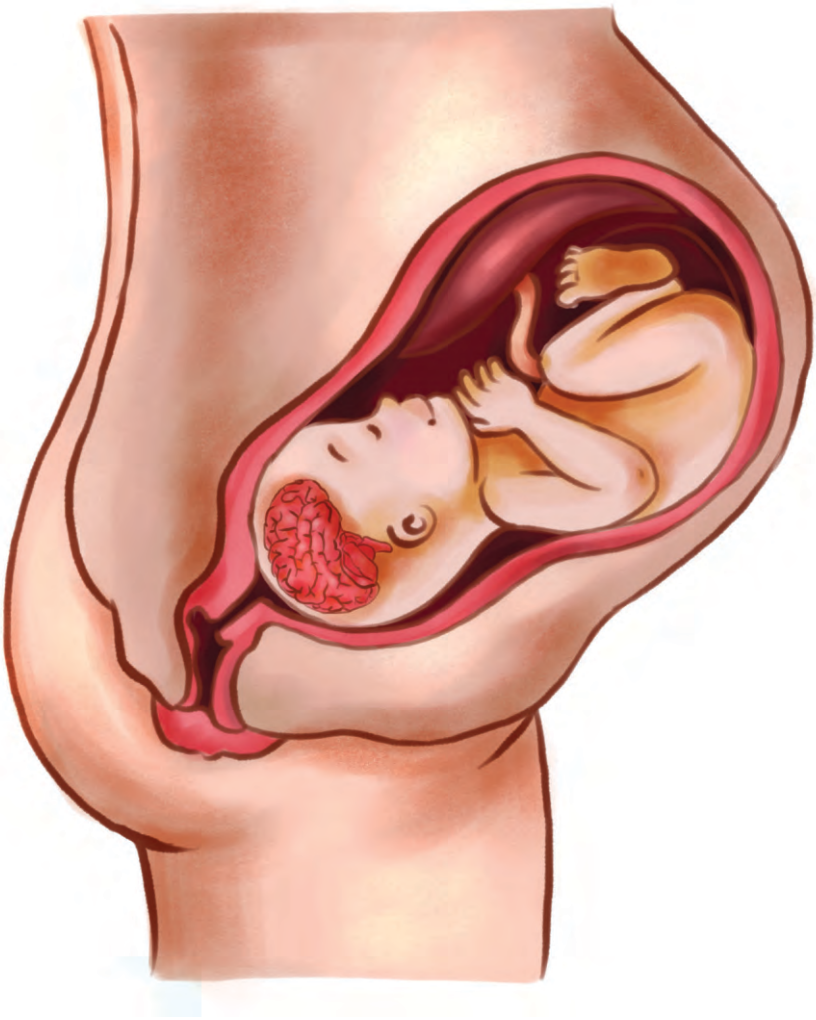
Some things are hard for some brains to do.

What's hard for you?



Your brain grows when you are inside your mother's tummy.

Everything your mother eats and drinks goes into your body too.

Some things can hurt your brain while it is growing.

Even if your mother didn't know about it ... or she didn't know you were there.

Some medicines, some drugs, and alcohol can hurt your brain.

If your brain has been hurt it might be hard for you to read.

Or may be hard for you to do up your shoe-laces.

Sometimes it's hard to understand what people are saying.

Or it's hard to stop getting angry and upset.

It might even be hard to sleep.

If your brain was hurt by alcohol,
you have FASD.

Say FAZ DEE - EF AY ESS DEE is too
long.

There are people who can help you do things.

They might be doctors or psychologists.

Psychologists teach you about your feelings and how to use words to tell people how you feel.

Speech therapists help you to talk to other people and understand what they are saying ...

Occupational therapists help you to move your body and to feel calm and relaxed.

Everybody's brain is different.
What are the good things your
brain can do?

"Brains Are Different" is a delightful book that introduces young readers to the concept of FASD (Fetal Alcohol Spectrum Disorder).

Through hand-drawn illustrations and simple, easy-to-understand words, the book explains how everybody's brain is different and how certain things can affect a developing brain.

Young readers will learn that while the baby is in their mother's tummy alcohol, drugs, and certain medicines can hurt the growing brain ... even if their mother didn't know they were there!

The book touches on how FASD can make some things in life challenging, such as reading, understanding what people are saying, managing emotions, and even sleeping.

But the book also highlights that there is help available, and introduces children to the different types of professionals who can provide support, such as doctors, psychologists, speech therapists, and occupational therapists.

"Brains Are Different" is a valuable tool for parents, caregivers, and educators to help young children understand the concepts of neurodiversity and inclusion. It also aims to reduce the stigma often associated with the diagnosis of FASD.