



FOETAL ALCOHOL SYNDROME (FAS) RESOURCES

Foetal Alcohol Syndrome (FAS) is the most severe type of Foetal Alcohol Spectrum Disorder (FASD). It is a condition caused by alcohol exposure in the womb. Symptoms vary according to the individual but most commonly include physical differences, learning difficulties, behavioural and functional challenges.

Further Information about FAS:

Those with FAS most commonly have problems relating to their central nervous system and growth. They frequently have minor differences in their facial features. Problems are also evident in areas of learning, memory, attention, communication, friendships, education, vision and/or hearing. Not everyone with FAS will have difficulties in all these areas.

FAS Specific Information:

- NHS Wales - <https://111.wales.nhs.uk/Foetalalcoholsyndrome/>
- Mayo Clinic - <https://www.mayoclinic.org/diseases-conditions/fetal-alcohol-syndrome/symptoms-causes/syc-20352901>
- Grow by WebMD - <https://www.webmd.com/baby/fetal-alcohol-syndrome>
- Cleveland Clinic - <https://my.clevelandclinic.org/health/diseases/15677-fetal-alcohol-syndrome>
- Foundation for People with Learning Disabilities - <https://www.learningdisabilities.org.uk/learning-disabilities/a-to-z/f/foetal-alcohol-syndrome>
- Nemours Children's Health - <https://kidshealth.org/en/parents/fas.html>
- Tommy's Pregnancy Hub - <https://www.tommys.org/pregnancy-information/im-pregnant/alcohol-in-pregnancy/foetal-alcohol-syndrome>
- FAS Aware - <https://www.fasaware.co.uk/>
- Redbridge Safeguarding Children Partnership - <https://www.redbridgescp.org.uk/professionals/children-with-disabilities/foetal-alcohol-syndrome-fas-and-children-with-disabilities/>
- HealthLine - <https://www.healthline.com/health/fetal-alcohol-syndrome#prevention>

Foetal Alcohol Spectrum Disorders (FASDs) Information:

- FASD Network UK - <http://www.fasdnetwork.org/>



- FASD Hub Scotland - <https://www.adoptionuk.org/fasd-hub>
- NHS - <https://www.nhs.uk/conditions/foetal-alcohol-spectrum-disorder/>
- NOFASD Australia - <https://www.nofasd.org.au/alcohol-and-pregnancy/what-is-fasd/>
- The Fostering Network - <https://www.thefosteringnetwork.org.uk/advice-information/being-foster-carer/fasd>
- NIAAA - <https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/fetal-alcohol-exposure>
- Stanford Medicine Children's Health - <https://www.stanfordchildrens.org/en/topic/default?id=fetal-alcohol-spectrum-disorder-fasd-90-P02122>
- CDC - <https://www.cdc.gov/ncbddd/fasd/facts.html>

Support and Advice:

- National Organisation for FASD - <https://nationalfasd.org.uk/>
- FASD Network UK - <https://www.facebook.com/fasdnetworkuk>
- FASD UK - <https://www.facebook.com/groups/FASDUK/>
- Adoption UK - <https://www.adoptionuk.org/family-support-service>
- Me and My FASD - <https://fasd.me/>
 - Youtube Channel - <https://fasd.me/youtube-channel/>

Courses, Training and Webinars:

- National Organisation for FASD - <https://nationalfasd.org.uk/learn-more/training/in-personand-zoomtraining/>
- National Organisation for FASD - <https://nationalfasd.org.uk/learn-more/training/e-learning/>
- FASD Network UK - <http://www.fasdnetwork.org/training.html>
- NOFASD Australia - <https://www.nofasd.org.au/education-training/webinars-online-courses/>
- Adoption UK - <https://www.adoptionuk.org/fasd-training>

Blogs:

- Adoption UK
 - <https://www.adoptionuk.org/blog/through-a-different-lens>
 - <https://www.adoptionuk.org/blog/we-need-to-talk-about-fasd>
 - <https://www.adoptionuk.org/Handlers/Download.ashx?IDMF=2591bf0c-c7d4-499d-bba0-32dd7fe1b5e2>
- <https://www.qnis.org.uk/blog/hiding-in-plain-sight/>

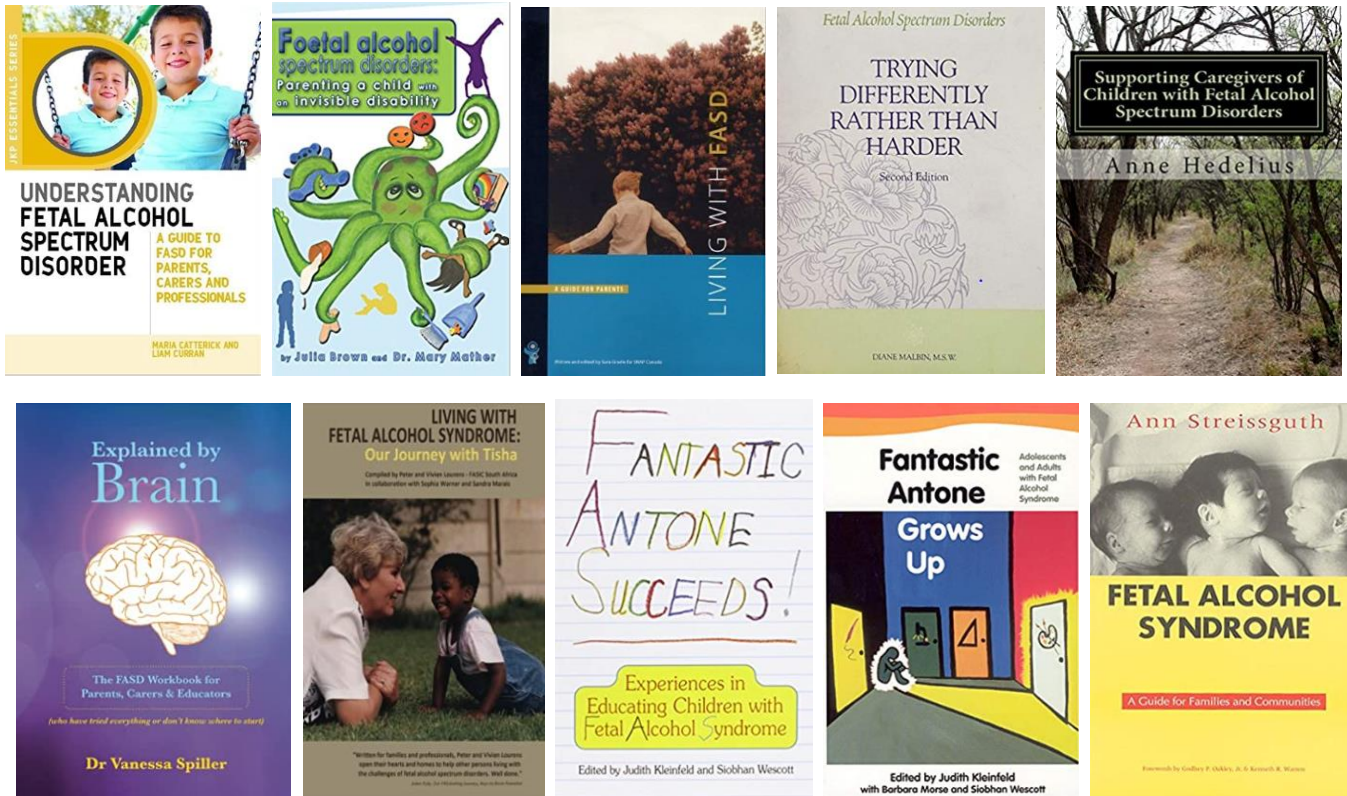
Podcasts:

- NIAAA - <https://www.acamh.org/podcasts/fasd-podcast/>

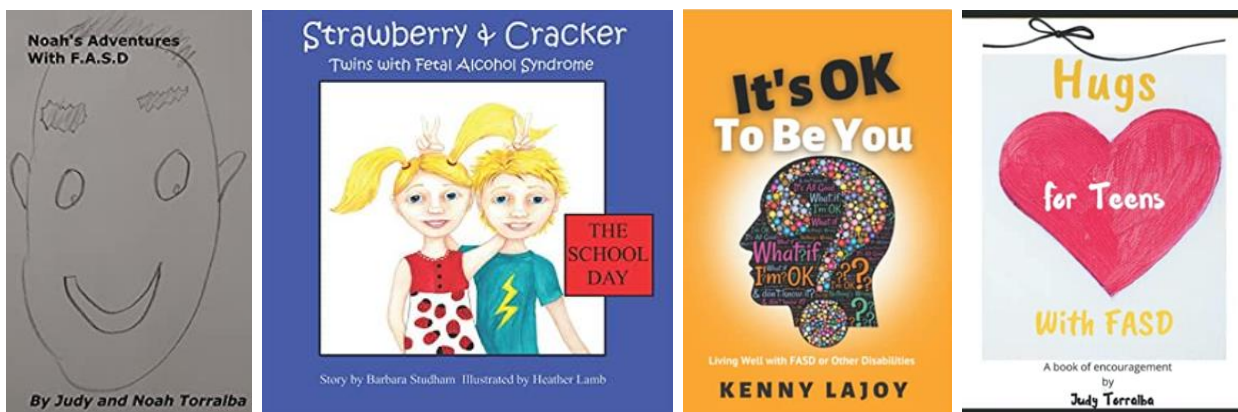


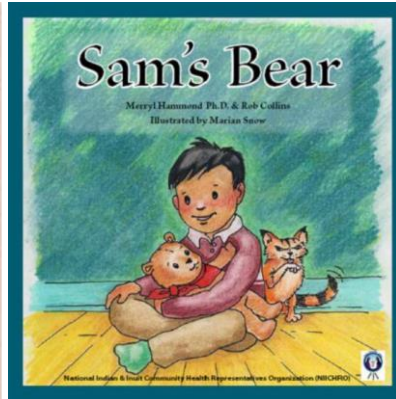
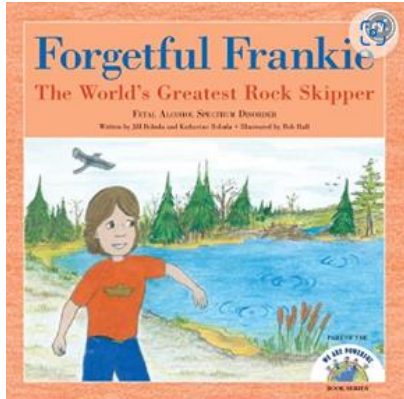
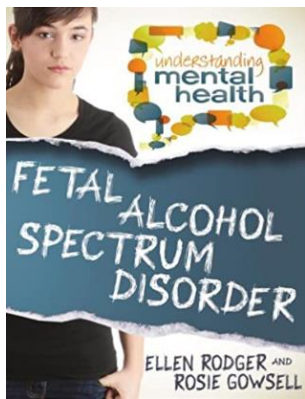
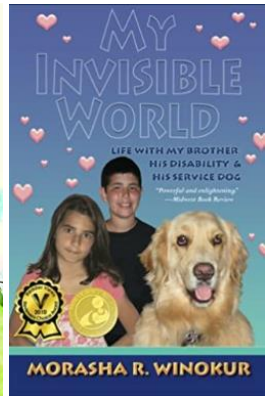
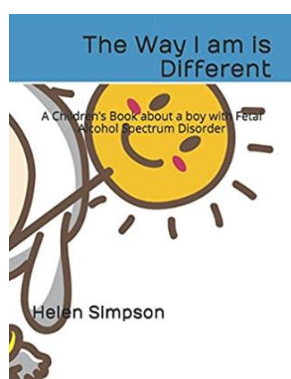
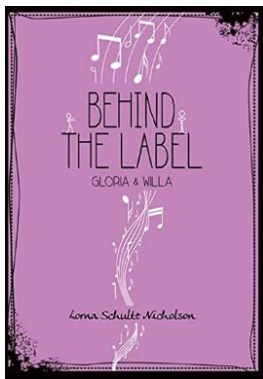
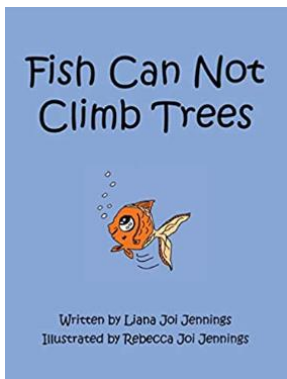
- NOFASD Australia - <https://www.nofasd.org.au/education-training/podcasts/>
- FASD Success - <https://www.fasdsuccess.com/podcast>
- FASD Hope - <https://fasdhope.podbean.com/>
- Spotlight on FASD - <https://www.youtube.com/channel/UCjmngLn026S6gP004aUAp3g/featured>

Books for Parents/Guardians:

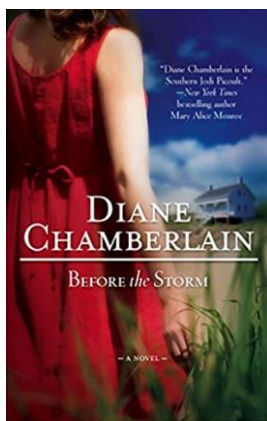
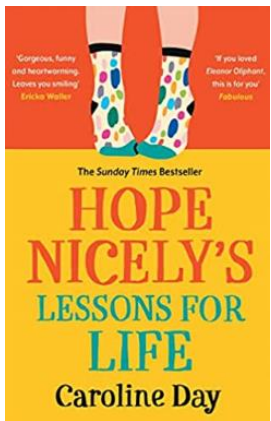


Books for Children/Young People:

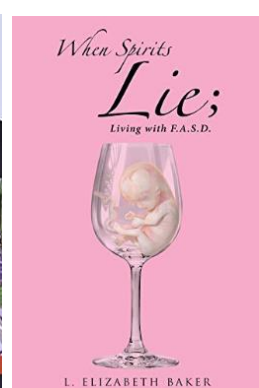
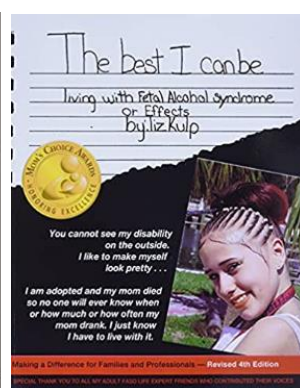
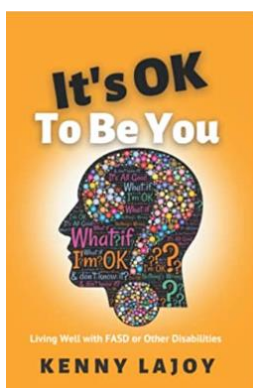
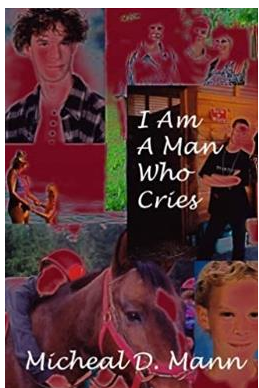


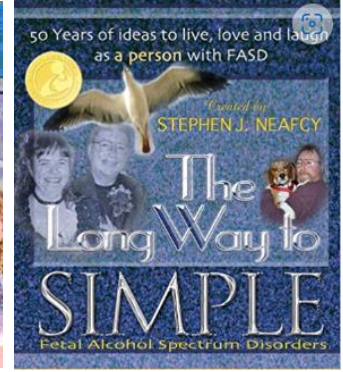


Fiction:

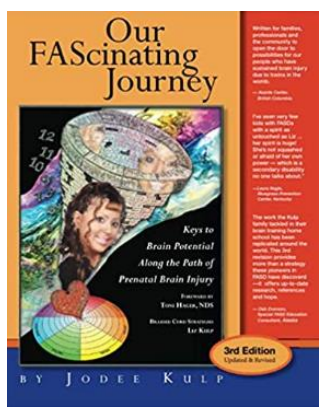
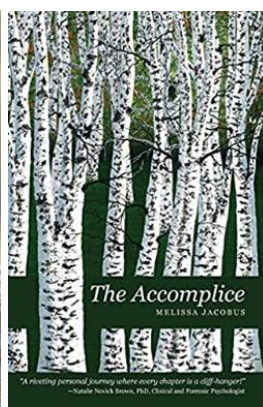
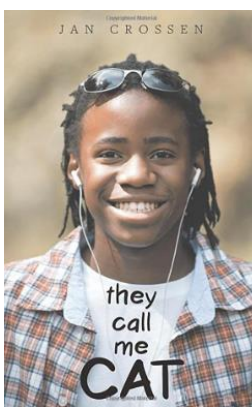
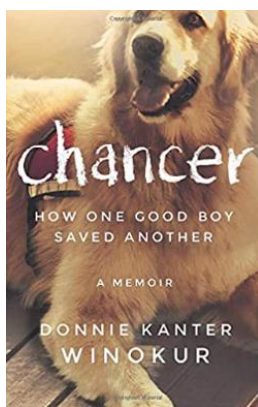
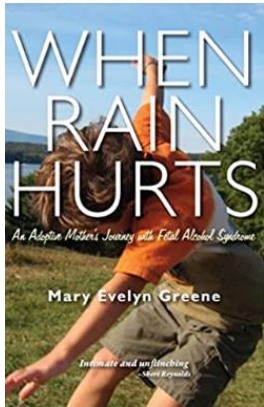
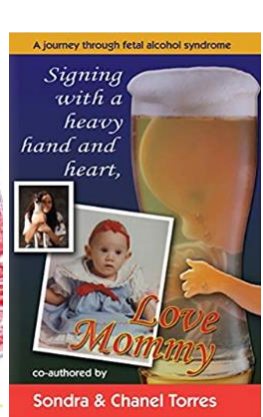
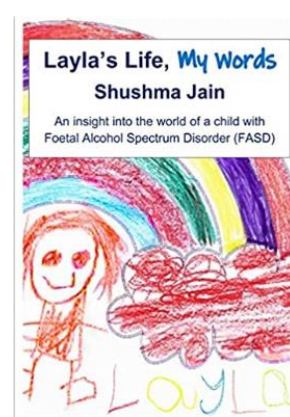
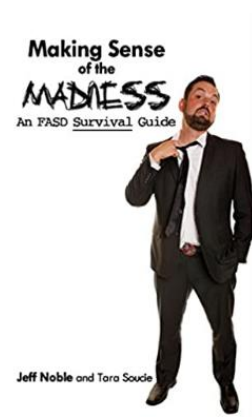


By Authors with FASDs:





Personal Accounts:



Famous People with FASDs:



Reese Witherspoon



Daniel Radcliffe



DJ Peter Bowers



Jim Carrey