Introduction to FASD

Training Syllabus & Course Information

Ideal for: Government departments • Schools & education settings • Employers • Health, social care and community professionals • Parents and carers

Course Overview

Introduction to FASD is a practical, accessible three-hour workshop providing an essential foundation in understanding Foetal Alcohol Spectrum Disorder (FASD). It is particularly valuable for anyone who wants to understand what it is like to live with FASD, parent or care for someone with FASD, or support people living with FASD in professional settings.

The course moves beyond awareness to practical understanding. Participants explore the effects of prenatal alcohol exposure, the ways FASD can present in everyday life, and strategies that can make a meaningful difference at home, in education, in employment and when navigating wider services. The session also considers approaches that may be helpful while families are waiting for clinical assessment or referral.

Learning Outcomes

- Understand what FASD is and the risks associated with prenatal alcohol exposure.
- Recognise common symptoms and the broad range of ways FASD can affect individuals.
- Develop greater insight into the lived experience of people with FASD and their families.
- Identify practical strategies for supporting people with FASD across home, education and workplace environments.
- Understand challenges that may arise around sleep, time management, money management, education and the justice system.
- Know where to find further information, advice and support.

Who Should Attend?

The training is suitable for professionals and organisations working with or employing people who may be living with FASD, as well as parents, carers and family members. It is an ideal starting point for professionals who want to build confidence, improve understanding and adapt their existing approaches to better meet the needs of people with FASD.

Course Format

Duration	3 hours
Break	10-minute break midway through
Q&A;	Dedicated question and answer session at the end
Delivery	Online training
CPD	CPD accredited
Materials	Presentation slides provided by email after the training

Outline of Training

Understanding FASD, its impact and practical ways to provide effective support.

1. Understanding FASD

- What Foetal Alcohol Spectrum Disorder is and how it can affect brain development and everyday functioning.
- The risks associated with prenatal alcohol exposure.
- Why FASD can be misunderstood, missed or remain undiagnosed.

2. Symptoms, Prevalence & Co-Morbidities

- Common presentations and the wide spectrum of needs associated with FASD.
- Prevalence in Ireland and what this means for services, schools and workplaces.
- Co-morbid and co-occurring conditions and how these can complicate identification and support.

3. FASD in Everyday Life

- The impact of FASD on sleep, routines, sensory needs and regulation.
- Challenges with time, planning, organisation and money management.
- Why conventional expectations, sanctions and consequences may not always work for someone with FASD.

4. Impact on Children, Young People & Families

- How FASD can affect learning, relationships, behaviour, independence and family life.
- The experiences and pressures faced by parents, carers and families.
- Understanding behaviour through a neurodevelopmental lens rather than simply as deliberate non-compliance.

5. What It Is Like to Live with FASD

- Exploring the lived experience of FASD and the barriers that can exist in everyday environments.
- Considering how misunderstanding, stigma and unrealistic expectations can affect confidence and outcomes.
- Building empathy, insight and more effective communication.

6. Practical Support Strategies

- Practical strategies for supporting people with FASD at home, in education and in the workplace.
- Adapting environments, communication, structure, expectations and supports to reduce barriers.
- Recognising individual strengths and building on what works.

7. Alternative Approaches to Parenting & Caring

- Alternative approaches and ideas for parenting and caring when traditional approaches have not worked.
- Supportive interventions and therapies that families may wish to explore, particularly while awaiting clinical referral or assessment.
- Creating consistency, predictability and appropriate expectations.

8. Navigating Education

- Understanding challenges FASD can create within education.
- Practical approaches to support learning, participation, communication and positive relationships.

9. FASD & the Justice System

An introduction to the challenges people living with FASD may experience when interacting with the justice system, including the importance of recognising underlying neurodevelopmental needs and considering appropriate support.

10. Supporting People in the Workplace

Practical consideration of how employers, managers and colleagues can improve communication, structure, expectations and workplace support for people living with FASD.

11. Where to Go for Additional Help

Signposting to relevant sources of information, support and professional assistance, helping participants identify appropriate next steps for themselves, colleagues, families or people they support.

12. Question & Answer Session

A dedicated opportunity for participants to ask questions, explore practical situations and consider how the learning can be applied within their own setting.

A Practical, Person-Centred Approach

The course is designed to encourage curiosity, compassion and practical problem-solving. Rather than focusing solely on deficits or behaviours, participants are encouraged to consider the underlying needs of the person and how environments, communication and expectations can be adapted.

Participant Feedback

> *"This workshop was inspiring and the knowledge provided thought provoking.... The likes of this program is required to promote education and insight to support and respond to existing people living with FASD and try to reduce future numbers."*

— Social Worker, workshop participant

Important Information

Although three hours is a substantial training session, a 10-minute break is included midway through the workshop, with dedicated time for questions and answers at the end. The training is not recorded. A copy of the presentation slides will be provided by email following completion of the session.

Confidentiality: Participants are asked to respect confidentiality throughout the training, particularly where attendees choose to share personal experiences or examples.

CPD accreditation: Introduction to FASD is CPD accredited.