# Behavioral Symptoms & Accommodations for Fetal Alcohol Spectrum Disorder (FASD)

<table>
<thead>
<tr>
<th>Behavioral Symptoms:</th>
<th>Can look like:</th>
<th>Brain differences</th>
<th>Accommodations</th>
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</thead>
<tbody>
<tr>
<td>Saying “no” or refusing requests, asking the same question over and over, saying</td>
<td>Not listening, ignoring, defiance, opposition, daydreaming.</td>
<td>Slow auditory processing</td>
<td>Slow down.</td>
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<td>“huh?” or “what?” a lot, not acting when requests are made</td>
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<td>Talk less.</td>
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<td>Socially and emotionally like a younger child, interest in activities similar to</td>
<td>Immaturity, babyishness, laziness, irresponsibility, disregard for consequences,</td>
<td>Dysmaturity, or developmental delay. Poor adaptive functioning</td>
<td>Give time.</td>
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<td>that of a younger person, unable to “act their age,” overly friendly with people,</td>
<td>purposefully irritating, pushy.</td>
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<td>Provide visuals, or lists.</td>
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<td>misunderstanding personal boundaries</td>
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<td></td>
<td>Teach using hands-on and kinesthetic methods.</td>
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<td>Difficulty remembering information learned recently, difficulty remembering</td>
<td>Manipulation, not trying, purposeful misbehavior, “doesn’t care,” disrespect,</td>
<td>Impaired memory</td>
<td>Recognize developmental age (vs. chronological)</td>
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<td>multiple instructions, may remember one day, not another, repeatedly making the</td>
<td>lying.</td>
<td></td>
<td>Adjust expectations to match developmental age</td>
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<td>same mistakes. Confabulation</td>
<td></td>
<td></td>
<td>Provide opportunities for friendships/social situations that match person’s</td>
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<td>Difficulty waiting turn, difficulty complying with rules, interrupting, “see it-</td>
<td>Rudeness, opposition, lying, disrespect, danger seeking.</td>
<td></td>
<td>developmental age vs. their chronological.</td>
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<td>want it-take it,” blurtong, inappropriate language, risk taking</td>
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<tr>
<td>Difficulty solving problems, poor organization, trouble making a plan, difficulty</td>
<td>Stubbornness, laziness, “doesn’t care” about consequences, messy, disrespect,</td>
<td>Poor executive functioning</td>
<td></td>
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<td>predicting outcomes, difficulty with organization, perseveration, inflexibility.</td>
<td>badgering.</td>
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<td>Provide structure.</td>
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<tr>
<td>Frequent behavioral outbursts, low mood, moodiness, explosive reactions, fight or</td>
<td>Aggression, anger, opposition, disrespect, depression.</td>
<td></td>
<td>Provide organizational help.</td>
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<td>flight, anxiety.</td>
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<td>Support, support, support! Some people call this an “External Brain.”</td>
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<tr>
<td>Over responsive to stimuli and under responsive to stimuli, often both in the same</td>
<td>Irritability, opposition, “pickiness,” manipulation, tantruming, rule breaking,</td>
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<td>person, hyperactivity, distractibility, inattention, social difficulties, learning</td>
<td>anxiety, aggression, avoidance.</td>
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<td>difficulties, emotional reactivity, clumsiness, and poor organizational skills.</td>
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<td>Sensory differences</td>
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<td>Look for triggers. Remove or avoid to prevent problems. Figure out what helps</td>
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<td>soothe and reset, and provide opportunities for this.</td>
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</tbody>
</table>

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Additional, IMPORTANT Accommodations for ALL of the symptoms listed on this chart:

- Consider the environment and its fitness for the person with an FASD.
- Prevent problems instead of reacting to them.
- Think: could this be brain?
- Discard judgements or negative thoughts about behaviors and try to see them differently.
- Think “can’t” not “won’t.”
- Modify expectations.
- Focus on strengths!
- Practice self-care.

The behavioral symptoms included in this table are not the only symptoms of FASD. Other symptoms, such as difficulty with visual spatial reasoning, lowered IQ, language delay, learning disabilities, and motor delay, can also be significant difficulties for people impacted by alcohol exposure in utero. When in doubt about the source of a behavior, always consider brain.

Sources:


