



FASD IS A KĀKOU THING

Pregnancy is complicated.

Alcohol use is complicated.

Parenting is hard.

We are all doing our best.



Compassion Curiosity Community

FASD IS A KĀKOU THING

Alcohol is legal and holds nearly ubiquitous/wide-spread use in our communities, we acknowledge ***we all*** have a part in educating, raising awareness and supporting healthy and alcohol-free pregnancies.





FASD IS A KĀKOU THING

No amount of alcohol is safe during pregnancy.

But what does that mean?

“I was told it was okay”
“I was struggling with so much stress”
“I had a dependency or addiction”
“I didn’t know I was pregnant”

Talking to safe and informed people is the first step.



Compassion Curiosity Community



FASD IS A KĀKOU THING

Tell a trusted friend.

Gather resources.

Wonder with safe people.

Be empowered.



Let's Learn Together

FASD IS A KĀKOU THING

Just ***like all of us***, individuals affected by an FASD can live full and amazing lives. When strengths are the primary point of focus and systems, relationships, and support are FASD-Informed, ***life can be filled with joy, creativity, and purpose.***



From FASD-Informed to Thriving



FASD IS A KĀKOU THING

HEALTH CARE PROVIDERS
should be FASD-Informed

EDUCATORS
should be FASD-Informed

SOCIAL SERVICES
should be FASD-Informed

PUBLIC SAFETY
should be FASD-Informed

OUR COMMUNITY
should be FASD-Informed



“Invisible No More”



FASD IS A KĀKOU THING

Oppositional? Defiant? Non-compliant?
“Just doesn’t listen?”

ADHD, ODD, RAD...

Supports not working?

Maybe it’s a memory issue.
Maybe it’s a sensory issue.

Maybe it’s brain-based.

Let’s learn together...



From FASD-Informed to Thriving



FASD IS A KĀKOU THING

Parents are people.

Just like everyone, caregivers
need compassion, kindness,
support, and community.

“It takes a village”

