



Fostering the Parent

Family Support Network
of the High Country

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Fetal Alcohol Spectrum Disorders: Screening, Diagnosis and Treatment

Monday, July 31
6:00 TO 9:00 PM

Large Conference Room
Watauga County D.S.S.
(Human Resource Bldg)
132 Poplar Grove Connector
Boone, NC 28607

- How to work with children more effectively who have an FASD

Leslie Evans has her M.S. degree in genetic counseling from the University of Texas-Houston Health Science Center and has been the director of the NC Teratogen Information Service for four years. She is the state designated FASD coordinator and a field trainer for SAHMSA's FASD Center for Excellence, and has given over 200 presentations on the effects of alcohol use in pregnancy. Fullerton Genetics Center at Mission Hospital is offering this outreach education.

This training will discuss:

- The red flags of the organic brain damage and other physical damage caused by prenatal alcohol exposure
- How a child is evaluated for FAS and other Alcohol Related Conditions

Light refreshments will be provided.

Childcare provided **ONLY** for Watauga County Foster Parents

Please call Roberta at Watauga County D.S.S. to Register: 828-265-8100.

AFFILIATED WITH:



Appalachian State University



Children's Developmental Services Agency of the Blue Ridge



Family Support Network of North Carolina



High Country United Way

Upcoming Events

July 31: 6-9pm Fetal Alcohol Spectrum Disorders, DSS, Boone

August 11: 6pm Challenging Behaviors Share Group, Boone Unitarian Universalist Church, Boone

August 11: 6pm Families with Children with Special Needs Share Group, Boone Unitarian Universalist Church, Boone

Summer Reading Adventures for You and Your Kids

Week 9: Design something big

Invent a tool to help you do chores more easily. Draw a picture of it or make it from some old junk.

Read aloud the names of some of the cars in the classified section of your newspaper. Design a new car and name it.

Walk around your neighborhood and look at the houses. Design a house that would best suit your lifestyle.

Design your own board game and write the rules.

Everything we use was designed by someone. Start a collection of things you like, or add to a collection you already have. Use a guide to learn the value of your collection.

Week 10: Honor summer's end

Remember the wildflowers you pressed between the

pages of a heavy book? Remove them, and put them in your summer scrapbook or paste them on heavy paper to make a bookmark.

Review the chart you made to track the books you read this summer. Pick new books to read.

Notice what time the sun sets today. Compare it to the time the sun set during week one.

Make a list of the supplies you need for school. Start shopping.

Plan an end-of-summer celebration. Write a list of the 10 best things you did this summer. Design a menu of your favorite summer treats.

Word game! Summer days are the longest days of the year. List the longest words you know.

From www.readingrockets.org

Call us for more information.

Conversations That Count: How Young Babies Learn

By: Derry Koralek (1996)

Learn how children develop oral language skills through interactions with their caregivers and families by reading sample conversations with babies.

Families are their children's first teachers. As a family member you begin teaching your babies about language as you welcome them into the world with smiles and caring words. You respond to your children's coos, babbles, early words, and simple sentences.

Katie is in the bathtub splashing in the water with both hands. Her father sits on the floor next to the tub making sure she is safe.



"Katie, Katie," he says as he picks up a washcloth. "Are you ready to play our special game?"

Katie looks up and sees her father's smiling face. She smiles at him and laughs. He says, "Let's play Peek-a-Boo,"; and puts a washcloth in front of his face.

Katie reaches out and pats the top of his head. Her father says, "Peek-a-Boo, Katie, I can't see you." He lowers the washcloth so his eyes are no longer covered. Katie squeals with delight. He covers his eyes again and says, "Peek-a-Boo, Katie, I still can't see you."

Katie's father holds the washcloth out toward her, saying, "Your turn, Katie." She takes the washcloth from his hand and puts it in front of her

Picture Postcards

Send news and photos from the home-front with these simple home-made postcards.

MATERIALS:

- Empty pasta box (with cellophane window)
- Half-gallon milk or juice carton
- Ruler
- Pencil
- Scissors
- Photographs
- Craft glue
- Permanent marker

Time needed: Under 1 Hour

1. Measure and draw a rectangle around the cellophane window on the box. Keep in mind that according to postal regulations, a standard postcard should be no bigger than 4 1/4 inches high by 6 inches wide, no smaller than 3 1/2 inches high by 5 inches wide, and no thicker than 1/4 inch. Oversized cards, as well as ones that weigh more than 1 ounce, will require additional postage.
2. Cut out the rectangle and trace around it onto another portion of the box. Then, cut out the second rectangle. Position your

face. Her father says, "Where's Katie?"

Katie drops the washcloth in the water and splashes with her hands. She babbles to her father, "Dadadada. Babababa." He says, "I think you're saying that you're tired of playing Peek-a-Boo. Let's play with your sponges."

Like many young babies, Katie is learning about language:

- She knows that it's fun to play with another person.
- She looks up when her father says her name.
- She smiles when her father smiles at her.

Katie's father helps her learn about language:

- He talks with her during a daily activity – bath time.
- He says her name again and again so that she will learn to recognize it.
- He takes several turns in their game and then encourages her to take a turn.
- He responds to her babbles as if he knows what she is saying.

From www.readingrockets.org

photograph behind the cellophane window so that your image is centered. Glue down the edges of the photo to hold it in place. Then, lay the card facedown on a flat surface.

3. Next, apply glue to the printed side of the second rectangle and stick it to the back of the first one. Using the edge of the ruler, press down on the cards or stack a couple of heavy books on top of them to make sure the two layers stick together while the glue dries.

4. The post-card can be embellished further by gluing a colorful cardboard border (cut from the same box) around the photo or along the outer edges of the card itself.



5. Lastly, use the permanent marker to draw a vertical line on the back of the postcard to divide the writing surface into two sections -- the left-hand side for your message and the right-hand side for the recipient's address.

From www.familyfun.com

Help us save money!! If you have an email address that we can use for this newsletter, please email to hayeskl@appstate.edu or call (828) 262-6089. This newsletter is also available on-line at www.parent2parenthighcountry.org.