



# Fetal Alcohol Spectrum Disorder & Trauma

## FASD

Visual, 'hands-on' learner  
Social and emotional vulnerability  
Specific and general learning disabilities  
Difficulty with planning, organizing and attention

Physical health concerns, including vision and hearing problems

Delayed coordination and motor development

Speech, language and communication concerns

Heightened sensory perception

Impacted adaptive (daily living) skills

Disorganized

Easily distracted

Anxiety & Depression

Poor short-term memory

Difficulty processing information

Difficulty concentrating/learning

Seeming disengaged

Difficulty sleeping

Hyperactive

Restless

## Trauma

Irritable

Feeling guilt or shame

Rejecting of others before they reject you

Feelings of fear, helplessness, uncertainty, vulnerability

Dissociated, feelings of unreality or being 'outside of one's body'

Increased arousal, edginess and agitation

Difficulty with trust and relationships

Continually on alert for threat or danger

Avoidance of reminders of trauma

Flashbacks and anxious memories

Source: Adapted from National Child Traumatic Stress Network, *Is it ADHD or child traumatic stress? A guide for clinicians*, NCTSN, Los Angeles, 2016, p. 5, [www.nctsn.org/sites/default/files/resources/is\\_it\\_adhd\\_or\\_child\\_traumatic\\_stress.pdf](http://www.nctsn.org/sites/default/files/resources/is_it_adhd_or_child_traumatic_stress.pdf).

