

A person affected by FASD may exhibit some, or none, of these characteristics. Everyone is an individual.

Age	Needs and challenges
<b>Infant</b>	<ul style="list-style-type: none"> <li>■ Multiple medical issues, some of which may require surgery and/or many visits for physical rehabilitation</li> <li>■ Feeding problems (sucking and swallowing)</li> <li>■ Poor sleep patterns</li> <li>■ Strong startle reflex</li> <li>■ Agitated most of the time</li> <li>■ May have tremors</li> <li>■ Failure to thrive, despite good nutrition</li> <li>■ Physically small for age</li> <li>■ Visual/spatial deficits</li> <li>■ Needs a calm environment</li> <li>■ Forming attachment to parents or primary caregiver is critical (esp. ages 0 – 3)</li> </ul>
<b>Toddler</b>	<ul style="list-style-type: none"> <li>■ Speech and language delays</li> <li>■ Delay in walking</li> <li>■ Delay in toilet training may be delayed until age 6 or later</li> <li>■ Bites in response to frustration, anger, stress or excitement</li> <li>■ Decreased attention span</li> <li>■ Hyperactive</li> <li>■ Easily over-stimulated</li> <li>■ Difficulty with transitions</li> <li>■ Rules are “parroted” but not internalized</li> <li>■ Traditional behavior modification techniques are ineffective</li> <li>■ Visual/spatial deficits</li> <li>■ Needs to be checked for hearing and/or vision problems</li> <li>■ Needs a calm environment</li> <li>■ Skeletomuscular disorders, if present, may continue to require physical therapy and occupational therapy</li> </ul>

Age	Needs and challenges
<b>Child</b> (grade school)	<ul style="list-style-type: none"> <li>■ Expressive language seems “normal”</li> <li>■ Difficulties with receptive language and auditory processing, which impact learning</li> <li>■ Learning disabilities become apparent (cannot grasp abstract learning; quickly falls behind in math, has difficulties with phonics, etc.)</li> <li>■ Literal learner</li> <li>■ Doesn't always understand what is learned</li> <li>■ Great difficulty applying what is learned</li> <li>■ Disruptive, inattentive behavior</li> <li>■ Blames others for problems</li> <li>■ Can't transfer information from one setting to another</li> <li>■ Exhibits poor social skills</li> <li>■ Lacks internalized knowledge of right and wrong</li> <li>■ Over-reactive, impulsive, and unpredictable</li> <li>■ Appears to have no empathy for others</li> <li>■ Feels isolated</li> <li>■ Commits unsafe pranks (without intending to hurt self or others)</li> <li>■ Has difficulty separating fantasy from reality</li> <li>■ Visual/spatial deficits</li> <li>■ Needs to learn self-regulation techniques</li> <li>■ Emotional maturity is approximately half their chronological age</li> <li>■ Needs one-on-one assistance to help get work done</li> </ul>
<b>Teenager</b> (7 <sup>th</sup> – 12 <sup>th</sup> grade)	<ul style="list-style-type: none"> <li>■ Wants to be independent but emotionally functions at about half actual age</li> <li>■ May function at multiple “age” levels at the same time</li> <li>■ Arrested social development</li> <li>■ Information processing deficits</li> <li>■ Sexuality and sexual behavior are major issues</li> <li>■ Highly vulnerable to influence from media and peers</li> <li>■ Attends at least some special education classes</li> <li>■ Strong sense of self-protection but can't always recognize danger</li> <li>■ May participate in high-risk behaviors</li> <li>■ Recovers quickly from a crisis</li> <li>■ Does not understand all his or her own limitations</li> <li>■ Difficulty separating fantasy from reality</li> <li>■ Visual/spatial deficits</li> <li>■ Continues to need structure but resists it</li> </ul>

Age	Needs and challenges
<b>Young adult and older</b>	<ul style="list-style-type: none"> <li>■ May function at multiple “age” levels at the same time</li> <li>■ Has poor problem-solving skills and limited life skills</li> <li>■ Sets unrealistic goals</li> <li>■ Exhibits poor self-control</li> <li>■ Experiences employment and financial problems</li> <li>■ Can’t internalize society’s values, morals, and laws</li> <li>■ May have mental health issues</li> <li>■ May or may not be able to live independently</li> <li>■ Has ongoing everyday needs with transportation, money management, job assistance, housing assistance, medication reminders, and support for unpredictable events</li> <li>■ Continues to need an “external brain” (parent, spouse, roommate, assisted living situation) to help negotiate life</li> </ul>