



SELF-REGULATION STRATEGIES

Presented by The National Organisation for Fetal Alcohol Spectrum Disorders (NOFASD)

APRIL 30 | 10:00 AM – 3:00 PM

648 HIGH ST RESERVOIR

Come along to the Carers group this April for a practical session on how to support self-regulation in children and young people diagnosed with Fetal Alcohol Spectrum Disorders.

Concentration levels go up and down throughout the day, which can make it hard for children to pay attention, learn, play, and do the things they like to do.

You will learn strategies to help keep your child's alertness at optimal level through exercise, food, looking, touching, and listening.

LUNCH AND VOUCHERS PROVIDED

**PLEASE RSVP BY 23/04/2025 TO
ERICA ON 0401 308 983 | ERICA.BAYLIS@VT.UNITING.ORG OR
SHARON ON 0466 796 519 | SHARON.WONG@VT.UNITING.ORG**

