

**ADOLESCENT and ADULT BEHAVIORS
Associated with
PRENATAL ALCOHOL EXPOSURE**

Poor Habituation

- Inability to filter out environmental stimulation
- Sensory overload (falls apart, blows, tantrums)
- Become overstimulated in large groups, crowded rooms or with strangers
- Looses or misplaces things
- Overreacts to situations with extreme emotion
- Short attention span

Sleep Disorder

- Unable to fall asleep at a reasonable hour
- Unable to sleep throughout the night
- Unable to awaken at reasonable hour, must set several alarms

Hyperactivity

- Perpetual motion, perpetual talking
- Whatever comes in the head comes out the mouth

Memory Problems

- Forgets things learned two days ago
- Forgets what he/she is supposed to do in the middle of the task
- Requires constant reteaching
- Long term memory is better than short term
- Visual is better than auditory

Impulsivity, Lack of Caution

- Unable to distinguish between friend and stranger (Everyone is their friend)
- No fears, no sense of danger, easily victimized
- No "common sense"

Attention Problems

- Difficulty beginning a task
- Difficulty organizing
- Unable to focus
- Unable to stay on task
- Difficulty completing a series of steps

Communication Problems

- Talk better than they think
- Expressive language is better than receptive
- May have difficulty putting words into actions
- Can "talk the talk but not walk the walk"
- May talk non-stop

Sensory Integration Problems

- Tactile Defensiveness
- Praxis

Social Skills

Difficulty reading social cues
Social skills below chronological age
More comfortable with younger children

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