

What Good is a Diagnosis? How will it Help My Child and Me?

Barb Wybrecht, RN, BSN

Children who have their first drink before birth often have changes in the way their brain develops. These changes make it necessary for parents, teachers and others to also make changes in the way they care for the child.

Without a diagnosis, none of us will have the understandings we need to help your child in the best way possible.

It has been found that children who receive a diagnosis before the age of six, do better at home, school and even later on the job.

Some of the areas where help might be needed are:

Feeding - slow growth rate

Sleeping - doesn't sleep through the night

Behavior - punishment doesn't stop the bad behavior won't sit still, "doesn't listen", doesn't seem to understand simple directions, appears to have no fears or sense of danger

Speech - may talk later than other children or may talk non-stop; may talk but not communicate, may talk better than they think

Some people you might like to talk to:

A parent who has a child with the diagnosis of Fetal Alcohol Syndrome

A doctor who specializes in feeding problems

An occupational or physical therapist who can show you ways to help your child feel calmer and have fewer temper tantrums

A parent educator who will learn with you about parenting your child differently rather than harder

An advocate who can help you find the support and resources to better care for yourself and your child.