



My name is Lena. I am a 35 year old single mom and I have Fetal Alcohol Syndrome, FAS. I want to spread information about the consequences of drinking alcohol during pregnancy. Through my poems I want to tell you how it is to live with FAS and that there is a person behind the disability.

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FAS is

by Lena Larsson[®]

FAS is caused by alcohol in the mother's womb
FAS is brain damage, not always visible
FAS is physical damage, heart, liver or bone
FAS is not hereditary
FAS is to forget
FAS is to need time,
time to understand things, time to do things,
time to calm down when the pressure becomes too high

FAS is poor attention, slow reaction
FAS is poor orientation in space and time
FAS is to fall out of the conversation,
- What are you talking about?
- Give me time, give me encouragement
- Please do one thing at a time, not two, not three, only one at a time

FAS is anger and crying, when everything is just too much
FAS is to not understand the jokes
FAS is to overreact to criticism,
- Help me to understand!
FAS is wrong social signals, bad behavior
FAS is messy

FAS is frustration, but not hopeless!
There is hope to recall
Hope of finding time
Hope to understand things
Hope of encouragement
Hope in one thing at a time
Hope to go back to the quiet life
Hope to laugh together

- Help me to help myself, don't be angry, don't give up!
- Guide me through text or images, not only in words, words can be forgotten, words can confuse
- Remember that we are all unique. All are unique!
FAS is unique for each and every one, all different
FAS is also sense of humor, self-irony, caring – and my personality

