



# Challenges of being a mother with FAS

# The start of my life

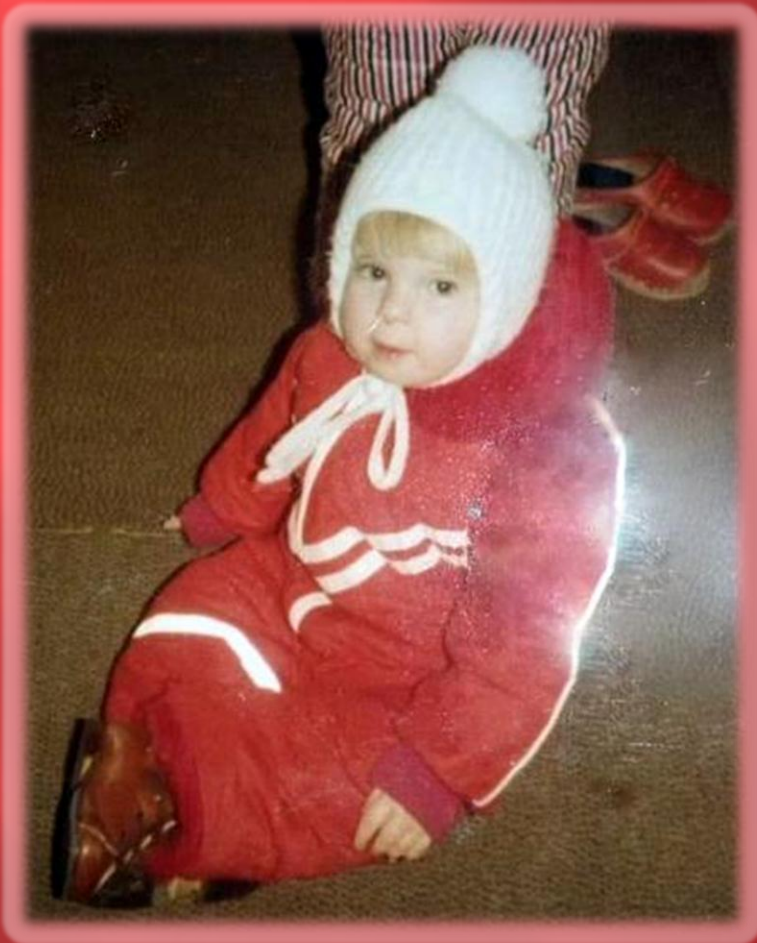


Four months with alcohol in the womb

I was born with

- ❑ clubfoot
- ❑ deformed fingers
- ❑ heart problems
- ❑ brain damage

# Challenges in school



- ▣ Normal IQ - but I learn slowly!
- ▣ Understand things - but I can not process fast enough!
  
- ▣ Poor social skills!
  - Teasing
  - Bullying
  - Frustration
  - Depression
  - Self-harm, anorexia, bullimia

# Challenges in the workplace



- ❑ Too high expectations!
- ❑ Slow reaction
- ❑ Can not keep attention
- ❑ Do not remember important things
- ❑ Mix things up

# A clean diet



- ▣ My diet is free from
  - Gluten
  - Milk
  - Soy

With this diet I get less tired, listless and angry

- ▣ To control anxiety and depression I also need medication

These things help me to cope better with life

# Challenges being a parent



- ▣ To set the limits
- ▣ To help with homework - especially math!
- ▣ Doing things quickly
- ▣ Remembering what has to be done
- ▣ Having birthday parties
  
- ▣ Help from support family ones a month

# To manage the household



Challenges:

- ▣ Planning
- ▣ Organizing
- ▣ Keeping clean and tidy...
- ▣ Remebering to do it...

Help with cleaning two times a week

Should meed more ☹

# Pilgrim journey Medjugorje, Bosnia





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**Thank you for  
listening  
and  
God bless you!**