

Finding Factors That Affect Behaviors In Children with Fetal Alcohol Spectrum Disorders

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Tommy is a 10-year-old boy with FAS. He has no other disorders other than the typical attention deficits. Poor judgment and lack of impulse control are ongoing problems. Tommy lives in a stable home, is on medications that help balance his brain chemicals to optimize control over his behavior. His parents have good parenting skills and Tommy has a healthy attachment to his family.

But... every so often, he just loses it! Tantrums might occur over small issues. A meltdown might occur unexpectedly, without any obvious reasons.

How many factors can you identify that might have an adverse effect on Tommy's behavior?

Internal Factors:	External Factors:
Missed meds	Clothing (elastic, labels, too scratchy, too much, too little)
Hunger (too long between meals)	Wind, weather, temperature, air pressure
Dehydration (very important to avoid)	Noises: television, radio, people
Nutrition/Diet (MSG, food coloring, nitrates, Nutrisweet)	Lighting (fluorescent)
Frustration, anger	Visual distractions that are "busy"
Fear, anxiety	Chaotic household or classroom
Unrecognized symptoms of illness	Role models acting out with rudeness or aggression
Fatigue, disrupted sleep cycle	Being yelled at, blamed, put down
Hormones	