

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