Environmental Modifications: A Change in Expectations

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Session Goals
- To learn simple hands-on environmental modifications for people affected by FASD
- To learn how effective play can help to decrease behaviors in the home
- To show real life day to day strategies that are possible without creating a lot of extra work
- To show the environmental modifications can become part of your daily routine
Function and Support – Five Principles

Our home environment is built on these five principals:
- Structure
- High Supervision
- Consistency
- Repetition & Practice
- Love & Acceptance

The Nuts and Bolts of Environmental Modification

- It is our job to adapt our environments to meet our children’s needs.
- Is it my expectation or can the child really do it…today?
- Take a daily assessment of what the child is capable of today and make decisions accordingly. (Remember to look at the social/emotional needs as well)
The Nuts and Bolts of Environmental Modification

- Everyday is a new day. Think of everyday as a fresh start. What did not work yesterday may work today.
- When we play and laugh, learning will happen instead of just behaviors.
- Systems that work - what we have learned.
In Closing
Commit to the process, small changes allow for great success
➢ Ask for help often
➢ Your children do love and appreciate everything that you do
➢ Your hope will continue to move you and your family forward

In Closing
➢ Every play opportunity is a chance to work on basic skills
➢ Trust what your heart tells you and know that you are your child’s best advocate

Questions for Natalie?
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