Working with students with FASD can be very challenging. Taking time to acknowledge some of our negative feelings and to make efforts to shift them may help us move forward. The words of other teachers like you highlight the important role you play in the lives of students with FASD.

“It’s not that they don’t want to be here – it’s that they don’t know how to be here or how to be successful”

“If they’re at school and they’re happy, and they leave their day happy – they’ve had a successful day!”

“My program functions 100% better than it ever would without one - EAs are essential tools! They’re there for the kids”

“They just want to be a part of the whole”

“Teaching in a special education classroom has taught me more about teaching”

“I’m coming from the place of this child”

“Stay calm”

“Focus on being a supportive relationship”

“Practice patience”

“Recognize and celebrate small successes”

“Make a difference in the moment”

“Share strategies”

“Start each day/hour/minute fresh - live in the moment!”

“Reframe your (and their) goals”

“Frustrated”

“Not meeting academic goals”

“Focusing on failures”

“Feeling lousy”

“Dwelling on the past”

“Emphasizing deficits”

“Focusing on failures”

“Feeling unproductive”

“Keep a journal of the small things”

“Reread your journal when you need a boost”

“Be an advocate for your student(s)”

“Be an advocate with and for your colleagues and profession”

“Communicate with others”

“Developed (with many thanks!) in collaboration with the staff from the Elk Island Public School District”