

## LESSONS I'M LEARNING

I would like to call this lessons I've learned; but the truth is I'm still learning.

At times I feel guilty, I've learned so much from my family, from phone calls I've received, from my job, and from my support group. I want to share with families yet, I'm not a gifted public speaker. I feel I'm at my best when I'm on the phone, speaking one-on-one with a parent, a professional or even a kid with FASD. In these lessons I will be talking with each one of you, one-on-one.

These lessons will be about more than just Fetal Alcohol. The truth is that our kids seldom have just one issue to deal with. Interwoven will also be information for attachment disorder, childhood traumas, and core adoption issues. At times I will mention other diagnoses such as hyperactivity, attention deficit, oppositional defiance, post-traumatic stress, sensory integration, Tourette's, and other common diagnoses.

At times I will write teachings that may be in conflict with what is considered normal practices. For example, I teach what I call "Delayed Parenting." I will also teach about a level and points system.

I teach from what I've learned in my experiences and from the experiences from those I've talked to. That does not mean my way is the right way, there are many right ways. Just as there are many very different individuals with their own unique strengths and weaknesses. Also within a single family, there may be a technique that will work one time and not another. We need a variety of techniques that we can use at any given time. At times I will invite comments from individuals that I know disagree with me or who want to add to what I have said.

So the following "teachings" are my attempt to pass on what I have learned and what I am continuing to learn. I have often heard parents say, "They don't understand" when talking about teachers or professionals. When I hear this, I always think, "and I don't always understand either." As a friend of mine once said, "If I'd understood the depths of the disability I would not taken their attacks so personally."

These papers are being written to help everyone to understand. That includes persons with FASD, their families, caregivers, the community at large, and myself. The format that I'm going to use could be called random. I will write papers in accordance to phone calls I receive. I will write about teachings I give to my family or to support groups. I will also write papers on past teachings I've come across as I clean up my files in preparation for a book. Sometimes I will write part two before I write part one. This is a perfect style for my adult ADHD.

Several of our children and the children of many of the people I received phone calls from are in what we call the transition years. So naturally many of my teachings will be on transitions. Once again I'm on a fast track of learning.

If you have a question or an idea that you would like me to write about please let me know. These teachings can be found on our website, [www.hayskids.com](http://www.hayskids.com). On the home page there will be the word Teachings below the Workbook button, click on this to get to the teaching papers.

7-15-10