

NO BLAME NO SHAME

*Support for Parents,
Carers and people living
with FASD*

Find us on Facebook

**Russell Family Fetal Alcohol Disorders
Association** – open group for discussion and
information

rffada – parents and carers group – closed
group for all parents and carers looking after
children or adults with FASD

rffada – living with FASD – closed group for
people with FASD to discuss issues

Anne's book - Alcohol and Pregnancy – A
Mother's Responsible Disturbance will
shortly be available on iTunes at a nominal
fee – if you wish to read it now, email Anne
for a free copy

Russell Family
**Fetal Alcohol Disorders
ASSOCIATION INC**

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**12-Steps for Birth
Mothers**

Russell Family
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The Russell Family Fetal Alcohol Disorders
Association (*rffada*) is a not-for-profit health
promotion charity dedicated to ensuring that
individuals affected prenatally by alcohol have
access to services and support

ALCOHOL CAN HARM AN UNBORN BABY

12-Steps for Birth Mothers

Step 1

Accept that we are powerless to change anything about our past pregnancies but we can change how we manage our future pregnancies

Step 2

Acknowledge that we used alcohol either because we were not aware of the dangers during pregnancy or our own personal circumstances at the time were unbearable creating a situation which requires us to now be **responsible** but not to blame

Step 3

Admit that while it is not within our power to change our past, it **is** within our power to make the future brighter for our children

At right: Seth Russell at 24 months Seth has full Fetal Alcohol Syndrome



Step 4

Make a decision that regardless of who we were or what we did in the past, we now have to do and be whatever will help our children achieve their optimal health and potential, at the same time being careful not to compromise our own

Step 5

Make a decision to learn as much as possible about Fetal Alcohol Spectrum Disorder

Step 6

To enable our children obtain an accurate diagnosis, admit to ourselves and then to as many medical professionals as necessary that we indeed used alcohol while we were pregnant

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Step 7

Make a decision to persevere in our attempts to find a medical professional who is fully informed about the condition and is willing to help

Step 8

Understand that holding on to our fear, grief, guilt, shame and anger will not help us or our children

Step 9

Make a conscious decision to put aside these feelings in order to fully and effectively advocate for our children

Step 10

Come to believe that our children had reasons of their own for choosing us as their parents

Step 11

Make a decision that although we need to plan for the future and remember the past, we must remain in the present

Step 12

Whenever and wherever appropriate, extend our knowledge, experience, strength and hope to others to enable them to make an informed decision about drinking during pregnancy and/or to assist those similarly affected

At right: Mick Russell on his first day at Kindergarten in Capella, Queensland



NO alcohol is the safest choice for baby