

# 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 – Circle of Hope** – secret group for biological parents

**rffada – parents and carers group** – secret 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

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.

*Russell Family*  
**Fetal Alcohol Disorders  
ASSOCIATION INC**

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Training on Fetal Alcohol Spectrum Disorder  
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## **12-Steps for Birth Mothers**

*Russell Family*  
**Fetal Alcohol Disorders  
ASSOCIATION INC**



Prepared as a community service by the  
Russell Family Fetal Alcohol Disorders  
Association

**START A FASD SUPPORT GROUP IN YOUR AREA**

# 12-Steps for Birth Mothers® Support Groups

## STEP 1

Accept that we are powerless to change our use of alcohol during past pregnancies but we can prepare for, and remain sober during future pregnancies.

## STEP 2

Acknowledge that we used alcohol while pregnant because we were not aware of the consequences or because our own personal circumstances were unbearable, creating a situation that requires us to be responsible but not to blame.

## STEP 3

Admit that while we are unable to change our past, we do have the power to ensure our affected children have the support they need to be the best they can be.

## 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 or allied health professionals as necessary that we indeed used alcohol while we were pregnant.

## STEP 7

Make a decision to persevere in our endeavors to obtain a diagnosis and appropriate supports for our child by visiting as many services as necessary and being prepared for but not accepting any stigmatization that might occur.

## STEP 8

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

## STEP 9

Make a conscious decision to put aside these feelings to advocate fully and effectively 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 to assist other at-risk parents.



No alcohol is the safest choice for baby