

# 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

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 and Pregnancy – A Mother's Responsible Disturbance** is now available on Kindle and iTunes at a nominal fee.

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

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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 and sponsored by -



**ALCOHOL CAN HARM AN UNBORN BABY**

# 12-Steps for Birth Mother Support Groups

## 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

## 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**