



NOFAS Materials List

Visit the NOFAS Web site (www.nofas.org) to view and purchase many of these items online.

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| <p>Brain Model
3-D model of “affected” and “unaffected” brain hemispheres clearly illustrating the regions of the brain that are most susceptible to prenatal alcohol exposure. An information card that describes the effect of alcohol on different parts of the brain is also included. The model comes with a display base for presentations. The model base dimensions are 1” x 6.25” x 8.75”. Can be used alone or in conjunction with the 6th Grade – 8th Grade curriculum.</p> | \$75 |
| <p>Fetal Alcohol Syndrome: Practical Suggestions and Support for Families and Caregivers
Kathleen Tavenner Mitchell, MHS, LCADC
A new indispensable resource for those raising or working with individuals with FASD is now available from NOFAS. The thirty-five page guide was written by NOFAS vice president and spokesperson Kathy Mitchell, the biological mother of an adult daughter with FAS. Kathy’s thoughtful and highly informative words of wisdom and practical strategies are drawn from her experiences as a parent, advocate, counselor and national leader on FASD-related issues. 38 pages. Please indicate English or Spanish.</p> | \$15 |
| <p>Making a Difference: The FASD Public Awareness Guide
The primary purpose of the guide is to enhance public awareness about the risk of prenatal alcohol consumption, FASD, and the needs of the people and families living with the disorder. The guide offers practical suggestions and strategies to approach community members, service systems, the media, etc. with the FASD prevention and education message, as well as suggestions on how to advocate for services for individuals with FASD. 116 pages.</p> | \$18 |
| <p>K-12 FASD Education and Prevention Curricula
A school-based curriculum for grades K-12 that provides age-appropriate information about the consequences that alcohol can have on human development. The curriculum also teaches youth to be tolerant and accepting of all individuals regardless of their individual capabilities or disabilities. These unique one-hour units offer teachers the opportunity to easily integrate information on FASD and disabilities into several different units in a standard health curriculum. Materials include the Brain Model (6th Grade through 8th Grade), <i>Karli and the Star of the Week</i> (K-2nd Grade), excerpts from the television series <i>Law & Order: SVU</i> highlighting the dangers of alcohol use during pregnancy (9th Grade through 12th Grade) with accompanying lesson plans for each. Individual curriculum components with accompanying lesson plans are also sold separately.</p> | \$150 |
| K-2nd Grade, Karli and the Star of the Week with lesson plan | \$25 |
| 3rd Grade – 5th Grade, activity sheets and lesson plan | \$25 |
| 6th Grade – 8th Grade, Brain Model with lesson plan | \$85 |
| 9th Grade – 12th Grade, Law & Order:SVU excerpts with lesson plan (specify VHS or DVD) | \$35 |
| <p>Karli and the Star of the Week
A colorfully illustrated story book that teaches youth to be tolerant and accepting of all individuals regardless of their capabilities or disabilities. Can be used alone or in conjunction with the K – 2nd Grade curriculum. 31 pages.</p> | \$5 |
| <u>Brochures</u> | |
| <p>Drinking and Your Pregnancy
<i>National Institute on Alcohol Abuse and Alcoholism and NOFAS</i>
This brochure addresses the basic questions concerning alcohol and pregnancy. Shipping and Handling charges apply.</p> | \$0 |

Books

Fetal Alcohol Syndrome: A Guide for Families and Communities **\$20**

Ann Streissguth, PhD

Dr. Streissguth is recognized as one of the country's leading authority on FAS. In this compassionate volume, Dr. Streissguth writes with wisdom and authority on essential issues surrounding FAS, including: diagnosis; brain damage; physical and behavioral manifestations; and services for high-risk mothers. Includes, case studies, photos, illustrations, and validated empirical research highlighting the cultural, racial and economic diversity of FAS.

Fantastic Antone Grows Up: Adolescents and Adults with FAS **\$24**

Judith Kleinfeld, Barbara Morse and Siobhan Wescott

Young people with FAS and their caregivers report on their experiences coping with adolescence and young adulthood. The authors candidly convey which techniques worked and did not work during the difficult passages of the teenage years and beyond.

What You Can Do to Prevent Fetal Alcohol Syndrome **\$10**

Sheila B. Blume, M.D.

This concise guide is designed to help professionals motivate clients to seek out early and adequate prenatal care, avoid all use of alcohol during pregnancy, explore ways to get help for alcohol during pregnancy, explore ways to get help for alcohol and alcohol-related problems, and make the birth of their babies a happy event.

Videotapes/DVD

Fetal Alcohol Spectrum Disorder: An Overview (specify DVD or VHS) **\$25**

Includes information from experts in the field as well as personal stories from families living with FASD. For use as an informational loop tape or as an introduction to an FASD training session or discussion. (10 minutes) Available in VHS or DVD. Please specify when ordering.

A Child for Life (VHS only) **\$25**

Contains interviews with experts, families and children affected by FASD. Produced by NOFAS UK. (22 minutes)

Posters

Fetal Development Chart Poster **\$5**

This poster shows organ system development on a week by week basis throughout pregnancy and illustrates the most vulnerable periods for specific sites of birth defects. 17" x 24.

What is a Drink? Poster **\$5**

Handy reference poster depicting standard sizes of various alcoholic beverages along with information on what constitutes risky drinking. 17" x 24

Give Her a Message Posters: Friends **\$5**

Image of two women with text, "Staying alcohol free is the only safe choice for a healthy baby--that means beer and wine too. There is no safe amount. There is no safe time. There is no safe alcohol. Period." Posters are available for diverse audiences. 17" x 24. Please specify when ordering:

- African American Women
- Caucasian Women
- Hispanic Women
- Native American Women

Give Her a Message Posters : Couple	\$5
Image of a couple with the text, "Staying alcohol free is the only safe choice for a healthy baby--that means beer and wine too. There is no safe amount. There is no safe time. There is no safe alcohol. Period." Posters are available for diverse audiences. 17" x 24. Please specify when ordering:	
<ul style="list-style-type: none"> • African American Couple • Caucasian Couple • Hispanic Couple 	
 Can You Tell She Has Brain Damage Posters	 \$5
Public awareness poster. Text reads "Alcohol can harm your baby's brain at any time during pregnancy, and that means lifelong problems for you and your child. Posters are available for diverse audiences. 17" x 24. Please specify when ordering:	
<ul style="list-style-type: none"> • African American • Caucasian • Hispanic 	
 Tradition and Culture Do Not Include Alcohol Use While Pregnant	 \$5
Poster created by NOFAS and the Jack Brown Treatment Center addresses drinking during pregnancy in the Native American community.	
 Do Not Let Our Future Generations Fade	 \$5
Poster created by NOFAS and the Jack Brown Treatment Center addresses drinking during pregnancy in the Native American community.	
 Our Heritage is Sacred	 \$5
Poster designed by Eric Chance, a teenage member of the Lummi Tribe.	
 A Few Drinks Can Last Forever	 \$5
Image of a mother and her FAS child photographed for National Geographic Magazine. Please specify English or Spanish.	
 <u>NOFAS Items</u>	
 NOFAS T-Shirt	 \$15
Help raise awareness of FASD by wearing our official T-shirt featuring the NOFAS logo	
 NOFAS Coffee Mug	 \$12
Help raise awareness of FASD by using our official mug featuring the NOFAS logo.	
 Circle of Hope T-Shirt	 \$15
Features the "Warrior Mom" logo.	

ORDER FORM

NOFAS can accept checks (U.S. funds only) or Visa, MasterCard, Discover or American Express.

Credit card orders can be processed over the phone at **(800) 66-NOFAS** or via fax at **(202) 466-6456**.

Please make checks payable to NOFAS and send to:

NOFAS Publication Orders
900 17th Street, NW
Suite 910
Washington, DC 20006

Shipping and handling will be added to each order. Contact NOFAS, (202) 785-4585, for shipping and handling costs and for bulk prices.

Item Name	Qty.	Price/Unit	Total
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TOTAL			

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Organization _____

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Credit Card Number _____ Expiration _____ / _____

Please charge \$ _____ to my (circle one): Visa , MasterCard, American Express, Discover

Signature _____

**Thank you for your order! Orders shipped within 3-5 days. NOFAS spends your gifts wisely.
 Nearly 90 cents of every dollar contributed goes directly to NOFAS programs.**

Help Support NOFAS!