For more information about PACT visit www.childstudy.org.

PACT Together (PACT) intervention was designed to help children with FASDs and their parents learn strategies to cope with these difficulties. The program consists of 12 group therapy sessions (90 minutes each) in which parents and caregivers group focuses on education about FASDs and children participate in their own groups. The parent and sessions include education, social skills training, group problem-solving, and positive parenting strategies. The ultimate goal is to reduce behavior disturbance. The PACT Program’s main features focus on the needs of children. The program uses the same principles as PACT, with the additional benefit of focusing on the specific needs of children and their families. The program is adaptable to different settings, including schools, clinics, and community programs. Each session is designed to help caregivers and children develop the skills needed to manage behavior difficulties and improve overall functioning.

Good Buddies

Good Buddies is designed to help children with FASDs continue to show improvement at 3-month follow-up compared to children who don’t participate in Good Buddies. Children who participate in the intervention demonstrate a greater understanding of appropriate social behaviors and improved overall social skills, reduced problem behavioral behaviors, and improved academic outcomes. This intervention helps children to improve their social skills and helps them to become more successful in their daily life at home and at school.

Focus areas of the MILE Program include:

- Enhanced communication between parents, caregivers, and teachers and other school staff
- Teaching of math-related strategies
- Providing the basis for future math development

The MILE program was created to support, educate, and empower caregivers and teachers to work with children to improve behavior and arousal to achieve learning readiness and math skills. The intervention involves parent training, teacher training, and individualized math instruction for children. The program focuses on the development of the proper foundation, the achievement of math skills, and the experience behavioral and emotional difficulties. Having at least one or two close friendships can act as a buffer for children against low self-esteem, depression, and anxiety. Good Buddies was developed to give children with FASDs often have difficulty with math skills, and many parents and teachers are struggling with the challenges of teaching children with math-related learning disabilities. Without effective teaching and learning strategies, children with FASDs may struggle to master mathematical skills and experience behavioral and emotional difficulties. The MILE program was created to support, educate, and empower caregivers and teachers to work with children to improve behavior and arousal to achieve learning readiness and math skills. The intervention involves parent training, teacher training, and individualized math instruction for children.
Fetal Alcohol Spectrum Disorders (FASDs) are a group of conditions that can occur when a woman drinks alcohol during pregnancy. Fetal alcohol spectrum disorders—often referred to simply as FASDs—are an umbrella term used to describe the range of effects that can occur in a person whose mother drank alcohol while pregnant. These effects can include physical, mental, behavioral, and learning disabilities. OHIO is the leading cause of birth defects, developmental disabilities, and learning disabilities.

FASDs are often called “hidden disabilities” because they can greatly improve outcomes. They can be found in every ethnicity, income, and educational level. It is estimated that 1 in 100 children in the United States have FASDs (approximately 40,000 babies born per year affected by prenatal exposure to alcohol).

FASDs can occur regardless of ethnicity, income, or educational level. What does NOFAS do?

NOFAS is the leading voice of the FASD community. It is the only national FASD advocacy, and support. NOFAS strives to prevent alcohol use during pregnancy and supports individuals and families living with FASDs.

What are Fetal Alcohol Spectrum Disorders?

Fetal alcohol spectrum disorders can cause the following problems:

1. Physical problems: Physical problems can include small size at birth, low birth weight, facial abnormalities, and hearing loss.
2. Mental problems: Mental problems can include learning disabilities, attention deficit hyperactivity disorder (ADHD), and low IQ.
3. Behavioral problems: Behavioral problems can include hyperactivity, impulsivity, and aggression.
4. Learning problems: Learning problems can include difficulty with math concepts (e.g., time and money), decision making, and making friends.

Families Moving Forward (FMF)

Good Buddies

Parents and Children Together (PACT)

The Math Interactive Learning Experience (MILE)

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