

Resources and References

For the Webinar, Fiscal Year 2023: Fetal Alcohol Spectrum Disorder (FASD)

- FASD United
<https://fasdunited.org/>
- CDC FASD's
<https://www.cdc.gov/ncbddd/fasd/index.html>
- 8 Magic Keys
<https://www.youtube.com/watch?v=8YgluFJdFpY&t=12s>
- Alert Program: Self-Regulation Made Easy
<https://www.alertprogram.com/>
- Infants with Prenatal Substance Exposure and their Families: Five Points of Family Intervention
<https://ncsacw.acf.hhs.gov/files/five-points-family-intervention-infants-with-prenatal-substance-exposure-and-their-families.pdf>
- How Four Deep Breaths Can Help Kids Calm Down
https://greatergood.berkeley.edu/article/item/how_four_deep_breaths_can_help_kids_calm_down
- YouTube Video (breathing to calm):
Relaxed Breathing Training, Version B, Mark Connelly, July 23, 2015
<https://www.youtube.com/watch?v=gLbK0o9Bk7Q>
- YouTube Video (parent perspectives): FIRST 5 Santa Clara County
<https://www.youtube.com/watch?v=MM6t9lpDgl0&t=140s>