

# Build networks of support

Due to the impacts on the brain, ākongā with FASD may need support to maintain their safety and wellbeing, especially in unstructured times such as break and lunch periods.

Ideas for providing appropriate supports might include:

- Check in with students regularly.
- Prepare a routine for break times.
- Make sure the student has access to safe supervised areas, such as the library, during unstructured time.
- Appoint peer buddies and role models who can support the student in the playground.
- Ensure that all duty teachers are aware of the student's needs and how to best support them.
- Ensure students know how to get help if they need it.
- Have a 'silent mentor'. This could be a teacher who informally checks in two or three times a week during break times.
- Where possible or necessary, have a senior student or adult walk to and from school with them.
- Ensure that people, such as relievers, aides, bus drivers and sports coaches, know how to support them.

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