

CHILDREN AND ADOLESCENT PRENATAL ALCOHOL AND DRUG EXPOSURE INTERVENTION TABLES

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Babies with Prenatal Alcohol and Drug Exposure

Neurobehavioral/Developmental Concerns	Referrals/Intervention
Motor Delays and Feeding Problems	Early Intervention or Birth to Three Services (physical, occupational and speech therapy)
Poor Sleep	Swaddling techniques; Parenting Management (sleep routine)
Self regulation Problems: difficulty self soothing, easily overstimulated (high reactivity to light, touch, sound)	Avoid overstimulation; Occupational therapy Sensory Integration Specialist
Medical Concerns	Referrals/Intervention
Poor weight gain, failure to thrive	Feeding Specialist (occupational therapy); nutrition counseling; gastroenterology specialist if needed
Birth Defects (heart, kidney, eye)	Pediatric Medical Specialists
Frequent Ear Infections/Hearing concerns/Speech Delay	Ear, Nose and Throat Specialist (ENT); Hearing specialist (Audiologist)



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Toddlers with Prenatal Alcohol and Drug Exposure

Neurobehavioral/Developmental Concerns	Referrals/Intervention
Motor or Language Delays	Early Intervention or Birth to Three Services (physical, occupational and speech therapy); Developmental Preschool
Poor sleep patterns	Sleep Routine and Hygiene Sleep specialist for melatonin or sleep study
Self Regulation Problems: Increased hyperactivity and distractibility; High reactivity to light, touch, sound; Difficulty with Transitions; Prolonged tantrums	Evidence based Parenting – such as Parent Child Intervention Training (PCIT), Triple P, Incredible Years Curriculum; Sensory Integration Strategies (Occupational Therapy); Mental Health Specialist
Language delay or language processing problems	Speech Therapy; Hearing specialist (Audiology)



CHILDREN AND ADOLESCENT PRENATAL ALCOHOL AND DRUG EXPOSURE INTERVENTION TABLES

School Age Children with Prenatal Alcohol and Drug Exposure

Neurobehavioral/Developmental Concerns	Referrals/Intervention
School Difficulties/Concern of Learning Disabilities	Referral to School or private Psychologist for Neuropsychometric Testing (IQ and learning disability profile); School Accommodations (Individualized Education Plan (IEP), or 504 plan
Self Regulation Difficulties (hyperactivity, inattention, emotional regulation, sleep problems)	Referral to Pediatrician or Psychologist for ADHD or mental health evaluation and treatment; Sleep specialist; Occupational Therapist for Sensory Integration; Parent Management Classes or Coaching
Adaptive Skills Problems (difficulty with daily tasks, acting younger than age, poor social skills)	Parenting Strategies and Curriculum (e.g visual supports, “Guiding Good Choices”); Social Skills Training
Language delay or language processing problems	Speech Therapy; Hearing specialist (Audiology)



CHILDREN AND ADOLESCENT PRENATAL ALCOHOL AND DRUG EXPOSURE INTERVENTION TABLES

Adolescents with Prenatal Alcohol and Drug Exposure

Neurobehavioral/Developmental Concerns	Referrals/Intervention
Continued risk for Learning Disabilities, particularly math and ADHD	Learning Disability Testing, School Accommodations (Individualized Education Plan (IEP), or 504 plan; Medication Management if needed
At increased risk for substance abuse and mental illness, especially if family history addiction or mental health problems	Psychiatrist, Pediatrician and Counseling Support
Self regulation problems: Impulsivity, Poor Judgment, Risk Taking	Parenting Strategies and Programs; Birth Control; Counseling support;
Difficulties with Peers and Social Relationships	Social Skills Classes; Speech Therapist for Social Communication
Inappropriate Expectations and Abilities for Age and/or Intellectual Disability	Transition Planning – may need longer in school; Application for disability and supported living/housing/working

