



What Are They Good At?

By Jess Smith

Do you like feeling like a failure? Do you like feeling like no matter how hard you try, you simple suck at everything? NO! of course not. Our kids are no different, help them find things they rock at and encourage them to thrive. It doesn't matter if that activity is riding a four wheeler, picking weeds out of the garden, picking rocks off the lawn, swimming lessons, coloring or fishing. Just find it! Even if it's only one thing, find that one thing and encourage them to master it.

Everyone needs to feel accomplished and successful to be fulfilled in life. Kids with extra struggles are often more difficult to raise and therefore they hear a lot more negative messages. They often get frustrated easily when challenged, so they give up before they reach their potential, this leads to them feeling like they fail at everything.

Watching their face light up with pride when you find something they are amazing at, is simply delightful. My mother discovered that my son will fish off the end of a dock for 6 hours some days. His dad has taken him fishing for years but the rocking of the boat does not agree with his sensory issues and he ends up on the floor most times, wanting to go home. Every fishing trip ended in disappointment and frustration on both parts, my hubby and my son. We have found that the dock is more calming for him, no movement and lots of little fish to keep him busy. He has boats to watch and seagulls to throw fish at and he loves every minute of it. We didn't give up on fishing, we found a way he could be successful at it.

Riding a four wheeler is another activity he loves but as I thought about how naturally he does this, I was reminded of all the modifications we have made to help him be



successful. He has always had tiny feet and hands, therefore making it very difficult for him to change gears, his dad purchased a different shifter that allows him to kick down as appose to pull up on the shifter and now he can change gears like nobody's business! For him, this gave him a feeling of success.

Just keep in mind that no matter what struggle or disability you have, you still need to feel like you are awesome at something. Not everyone will be a University graduate or even wants to be, we all have our own goals but something that is universal, is the need to feel good about yourself and your abilities.

With permission of the author

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