

# The Best I can be

Living with Fetal Alcohol Syndrome  
or Effects  
by Liz Kulp



*You cannot see my disability  
on the outside.  
I like to make myself  
look pretty . . .*

*I am adopted and my mom died  
so no one will ever know when  
or how much or how often my  
mom drank. I just know  
I have to live with it.*



**Making a Difference for Families and Professionals — Revised 4th Edition**

*Special thanks go to all the adult FASD youth, parents and community members*

Liz Kulp

## The Best I Can Be: Living with Fetal Alcohol Syndrome or Effects



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Mom's Choice Recipient, Liz Kulp, as a teen with Fetal Alcoholic beverages Effects challenged the globe to peer inside her life and brain. It is estimated that one out of 10,000\* children born every year in the United States as FAS (Fetal Alcoholic beverages Syndrome) and one out of 100\*\* possess FAE (fetal alcohol results). The Mom's Choice Awards honors excellence in family-friendly media, services and products. The Best I Can Be Coping with Fetal Alcoholic beverages Spectrum Disorders by Liz Kulp and Jodee Kulp is a recipient of the prestigious Mom's Choice Award for Best Young Contributing Writer.. Parents and educators search for mother s Choice Awards seal in choosing quality materials and products for children and households. Liz was correct, it was a story that would have to be informed. Fetal Alcohol Exposure is a leading reason behind cognitive challenges and intellectual disability under western culture. Through her personal writings the reader is normally taken on a lifestyle changing journey that will impact their considering how exactly to help and understand children with brain damage due to Fetal Alcohol. Study and experience has established one label is not better or worse compared to the other. Over tens of thousands of newborn US children every year will have to learn to cope with this disability. It's time to come out of denial - alcohol usage during pregnancy is not safe. Let Liz take you on our trip - it really is a trip of hope, of commitment and of perseverance. Many thanks Liz for your courage to talk about your story.. "Mother, I wish to write a publication anout what it's like to possess FAS/E (fetal alcoholic beverages syndrome/effects) I believe people have to know . and so began Liz's and my trip on paper The Best I Can Be - Coping with Fetal Alcohol Syndrome or Results. This book/product provides been honored by this distinguished award.



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Required reading in the event that you work with kids! I now run a nonprofit supporting family members who are dealing with FASD in South Dakota. This book must be required reading for each K-12 teacher and every school nurse. As an educator and a nurse, I have encountered so many kids with the same issues as Liz--and they are blamed, punished and bullied instead of loved, understood and helped. Kids can't help what happens to their brains in utero--why on earth do we so misunderstand them. So much of this book is also helpful for those that care for or use kids with the same issues, whether or not they are labeled fetal alcohol related or not really. I am hoping all teachers, especially those who work with the youngest children will read this book and others upon this topic. The most crucial book on FASD you will ever read! Early in my journey to learn more about FASD I came across this book. Life changing! Highly recommended. To listen to the wisdom of a mother and to hear what of an amazing you woman. If someone is only going to read one then this is the book to get. This is a good book to help others understand what fetal alcohol issues feel just like to a person trying to squeeze in and work out who they are and why things seem different for them. I know that when asked the main one book somebody should read that is my suggestion. I now give this book apart at every single speaking engagement I really do (unfortunately can only just give one copy apart) and also have had numerous people tell me that their receiving this reserve helped them to transport on through crisis. I think every parent or foster mother or father whom is raising a child like this should purchase 1 and obtain it to the child's teacher at college or church so the instructor can understand the child's problems. Needed this info meant for an adopted relative. There are segments written by Liz throughout the publication, written in her own hands, about her struggles, complications, and successes. HOPE! Good book First person perspective of living with FASD. It had been a big help. A must read!! Very informative look into Fetal Alcohol with many specifics as well as the glimpse in to the thoughts of these precious children who struggle with life every day. I cannot let you know in words really the impact it acquired on my entire life but I know it had been a turning point. Medicines, drugs, and unidentified causes can similarly harm the forming brain. We adopted a boy with fasd. This tale is honest, to the point, and insightful. Personally I think like I'm an improved parent right now!! Loved Liz's story therefore much I bought books for all the teachers in my son's school and most of my close friends..! An incredible resource about FAS, from a family's perspective This book tells the story of a girl who is suffering from FAS, and her journey with her adoptive parents towards education and independence. Among the best handbooks I've read on the topic; short, but filled with information, comprehensive lists of resources, homeschool supplies that worked, etc., and, most effective of all, a family's perspective on the trials and successes of dealing with this syndrome. Liz, the daughter, was adopted soon after birth, and couldn't stand getting touched until almost her 10th year. Her parents homeschooled her from 4th grade on, after finding that the colleges couldn't actually give their girl the help she required. Thank you so much for the message this publication contains! This publication is hard to find in libraries, but it is, in its own way, as important and beneficial as Streissguth's books, and far more immediate and touching. Go through this! It explained a lot about Fetal Alcoholic beverages Syndrome-Effects. An excellent read for anyone needing to discover more about FAS and its effects. information can only serve to build more powerful people/families/communities. Almost everything written in this book could have been discussed our daughter and if we'd gotten these details sooner we would have had a different viewpoint for her behavior and learning complications. We were not trained about FAS/FAE in nursing/medical school. This information must be discovered at that level to be able to help with an early on diagnosis and lifestyle planning the child to avoid what we proceeded to go through-

15 different colleges in 10 years. The Best I could Be: Living with Fetal Alcohol Syndrome-Effects Good book!! I have examine it and I am offered it to the childs Sunday School teacher therefore she could understand her college student.! I doubt that Liz and Jodee even realize just how many lives they have touched through the years but I know it is many. Please share with adolescents and adults! This book helped me to look at existence through my child's eye. I recommend the companion book My FAScinating Journey for the adults and households that would like more information about them. I have already been a social worker for greater than a decade and valued the chance to talk about these books with teenagers, foster parents, adoptive parents, and biological family members as they make an effort to better understand influence of drug and alcoholic beverages exposure on children. Whether it's Fetal Alcohol Effect, Syndrome, or publicity... As a nurse and a doctor we were unable to find what was wrong with this daughter-no other specialists we got her to knew that which was wrong. This reserve written from Liz who lives each day with fasd offers helped me and my family to understand my son and what his globe is like. I'm grateful because of this brave young lady and the beautiful mother and professionals in her lifestyle that helped to inform ordinary people!! Also includes perspective of mother and helpful resources. Pretty good information This was a helpful book however, not amazing. I'd still recommended for individuals who suspect FASD in a child as it will contain relevant details. What we didn't like was that it found as a selling tool. Very informative look into Fetal Alcohol with many specifics in . I recommend this reserve to everyone who understands someone with fasd!! Understanding ! I am hoping that others discover this book and so are helped. It had been very informative and helped me to understand the problem so much better. If we only saw this book sooner Your book was the missing little bit of information for our adopted girl who's birthmom is an alcoholic. Five Stars Great eye opener into Fetal Alcohol Syndrome-Results, and how it effects kinds life.



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