

# Keys to Success: Strategies for Support

adapted from Deb Evensen and Jan Lutke (1997)

## CONSISTENCY



Consistency offers an opportunity for predictability. Predictable environments lessen the stress and guess work of decoding certain circumstances, while boosting the development of pathways in the brain and positively encouraging memory recall abilities.

Students with FASD can have difficulty transferring learning from one environment to another, so it is beneficial to establish as much consistency and communication between environments as possible (home to school, and from classroom to classroom). Having consistent expectations, routines, and language also helps to minimize the associated stress of not always being able to remember.

Of course, maintaining expectations is important. But sometimes we need to be flexible. That being said, wavering too much from the expectations can simply create confusion because this falls out of step from what is consistently demonstrated. Finding a balance between flexibility and consistency is essential.

For more information, please watch the short video on the topic of **consistency** from the WRaP Schools' YouTube Channel: (3mins 36secs) <https://www.youtube.com/watch?v=LJRBPPw9ej4>