

**A profile of the child with fetal alcohol syndrome to assist people
working with these children: a Descriptive study**

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Dedicated to all the teachers working with the child with Fetal alcohol syndrome and my mom and dad who fulfill an important role in my life. Thank you for teaching me to care about children and to believe in myself.

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- My parents, sister and Michiel
- The children and teachers who made this study possible
- Mingön for linguistic maintenance

“ I declare that: “A profile of the child with fetal alcohol syndrome to assist people working with these children: a Descriptive study, is my own work and that all the sources that I have used or quoted have been indicated and acknowledged by means of complete references.

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Abstract

**A profile of the child with Fetal alcohol syndrome to assist people
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Play therapy

Unisa

DEGREE: MASTERS DIACONIOLOGIAE (Play therapy)

The main objective of this study is to construct a profile on the child with Fetal alcohol syndrome that can assist individuals working with these children. The focus of the study is the recognition of the emotional needs of the child with Fetal alcohol syndrome.

Most studies done previously suggest that children with Fetal alcohol syndrome show behaviour similar to children with Attention Deficit Hyperactive Disorder. Although a child with Fetal alcohol syndrome shows the same characteristics as a child with Attention Deficit Hyperactive Disorder, the manifestation of their emotional needs differ. The Child with Attention Deficit Hyperactive Disorder does not necessarily show symptoms of cognitive developmental delay where the child with Fetal alcohol syndrome show symptoms of cognitive developmental delays. A Gestalt play therapy model has been used to show that through play therapy the child with Fetal alcohol

syndrome can be guided to emotional awareness. These techniques are easy to use and applicable in class situations where the childcare worker, teachers or counselor work with the child with Fetal alcohol syndrome.

The empirical research was done by means of quantitative research with was done by using the Conner symptom checklist to determine if the child with Fetal alcohol syndrome is hyperactive and impulsive and qualitative research with was done by means of participating observation Gestalt play therapy with the child with Fetal alcohol syndrome. The results show that the child with Fetal alcohol syndrome is hyperactive, impulsive and inattentional.

These guidelines provided in the study will help the teacher and the child with Fetal alcohol syndrome cope better in the classroom environment and the child will learn how to cope with his emotional behaviours.

Key Terms: Fetal alcohol syndrome, Gestalt therapy, Attention Deficit Hyperactive Disorder, Hyperactivity, Impulsivity, Conner symptom checklist, Child development (childhood and adolescence).

Note to reader: Note that the male reference such as him or he used in the dissertation is inclusive of male and female.

Opsomming

**‘n Profiel van die kind met Fetale alkohol sindroom wat kan dien as ‘n
hulpmiddel aan mense wat met die kinders werk: ‘n Beskrywende studie**

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Die hoofdoel van hierdie studie is die daarstelling van ‘n profiel van die kind met Fetale alkohol sindroom, wat as ‘n hulpmiddel kan dien vir individue wat werk met die kind met Fetale alkohol sindroom. Die fokus van die studie is om die emosionele behoeftes van die kind met Fetale alkohol sindroom te herken.

Meeste studies wat voorheen gedoen is, is van mening dat kinders met Fetale alkohol sindroom dieselfde gedrag as kinders met Aandagtekort – hiperaktiwiteitsversteuring toon. Alhoewel die kind met Fetale alkohol sindroom dieselfde eienskappe as ‘n kind met Aandagtekort - hiperaktiwiteitsversteuring toon, verskil hul emosionele behoeftes. Die kind met Aandagtekort - hiperaktiwiteitversteuring toon nie noodwendig simptome van kognitiewe ontwikkeling agterstand nie, maar die kind met Fetale alkohol sindroom toon wel ‘n agterstand in kognitiewe ontwikkeling. ‘n Gestalt speltherapie model is gebruik om aan te dui dat deur speltherapie die kind met

Fetale alkohol sindroom gelei kan word tot emosionele bewustheid. Die tegnieke is maklik om te gebruik en toepaslik in die klas situasie waar die onderwyser of terapeut met die Fetale alkohol sindroom kind werk.

Die empiriese navorsing is gedoen deur middel van kwantitatiewe navorsing wat gedoen is deur die Conner gedragkontrolelys te gebruik om vas te stel of die kind met Fetale alkohol sindroom hiperaktief en impulsief is en kwalitatiewe navorsing is gedoen deur middel van deelnemende observasie Gestalt spelterapie met die kind met Fetale alkohol sindroom. Die resultate dui dat die kind met Fetale alkohol sindroom hiperaktief, impulsief en onoplettend is.

Die riglyne wat in die studie gegee word help die onderwysers en die kind met Fetale alkohol sindroom om beter binne die klasopset te funksioneer en die kind sal leer hoe om met sy emosionele gedrag te hanteer.

Kernwoorde: Fetale alkohol sindroom, Gestalt terapie, Aandagtekort - hiperaktiwiteitversteuring, Hiperaktiwiteit, Impulsiwiteit, Conner gedragkontrolelys, Kinderontwikkeling (kinderjare en adolesensie).

Nota aan leser: Die leser moet daarop let dat die manlike vorm hy gebruik in die tesis insluitend is van die vroulike en manlike vorm.

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