

# About SNACS

## A program of Seattle Children's Autism Center

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The SNACS program is located at Seattle Children's Autism Center, 4909 25th Ave. NE, Seattle.

Please check in for your appointment at the Autism Center's front desk.

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### What is SNACS?

SNACS stands for Specialized Neurodevelopmental Assessment and Consultation Service. It is a short-term consultation service with a provider who specializes in how prenatal exposures and neurodevelopmental disabilities affect children. Neurodevelopmental disabilities are disabilities of the brain, such as fetal alcohol spectrum disorders (FASD) or autism.

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### Why was my child referred to SNACS?

Your child was referred to SNACS because of concerns that some of their past and current challenges may be related to their exposure to alcohol before they were born. Prenatal alcohol exposure can sometimes affect a developing fetus. Children with prenatal alcohol exposure often have trouble with:

- Executive functions, like planning, organizing, memory, impulsivity and attention
- Social skills and/or social communication
- Behavior
- Emotion regulation
- Learning and academic performance
- Sensory processing

Children may also have physical signs of alcohol exposure like delayed growth, poor coordination or changes in facial features.

We will assess your child and provide recommendations to help address these challenges.

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### How does the SNACS program work?

SNACS usually involves three to five 90-minute appointments with our providers to address concerns related to prenatal alcohol or other exposures. Appointments often are scheduled for every other week. Some of the appointments will be with both you and your child. Other appointments will be for only the parent or caregiver.

SNACS is short term and consultation based, so our providers do not provide ongoing therapy or care. We may recommend further evaluation for your child through an outside agency, like a school or clinic, if we have additional concerns.

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#### To Learn More

- Seattle Children's Autism Center  
206-987-8080
- Ask your child's healthcare provider
- [seattlechildrens.org](http://seattlechildrens.org)

#### Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

### What should I bring to my SNACS appointment?

Please bring information about any previous evaluations of your child if you have them. These may include Individualized Education Plans (IEPs) or pertinent medical or social services records like those showing prenatal alcohol exposure, a diagnosis or test results.

In addition, if your provider or the scheduling staff gave you an intake form to complete, please bring the completed form to your first appointment.

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### How long is the wait for SNACS?

The wait for services varies. If you have questions about your child's referral to SNACS, you can contact the Seattle Children's Autism Center's scheduling department at 206-987-8080. The Autism Center's scheduling team will assist with SNACS scheduling.

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### Where can I get more information about prenatal alcohol exposure?

You may find the following websites helpful:

#### **Fetal Alcohol Spectrum Disorders**

[cdc.gov/ncbddd/fasd](http://cdc.gov/ncbddd/fasd)

A US Centers for Disease Control and Prevention website with research-based information.

#### **National Organization on Fetal Alcohol Syndrome**

[nofas.org](http://nofas.org)

A national parent support and advocacy website with educational and advocacy information.

#### **Proof Alliance**

[proofalliance.org](http://proofalliance.org)

A parent-friendly website with practical, accurate information.

#### **Families Moving Forward Program**

[depts.washington.edu/fmffasd](http://depts.washington.edu/fmffasd)

A website with information about a tailored intervention for raising children with Fetal Alcohol Spectrum Disorders or prenatal alcohol exposure.