NATIONAL FRAGILE X FOUNDATION

18TH INTERNATIONAL FRAGILE X CONFERENCE

JULY 14 - 17, 2022

San Diego
Introduction – Dads Helping Dads

- Will Bridges
- Laurie – Married 24 years
- Caroline – 19 – Self Advocate
- Clark – 16 – No FX Gene
- Houston, TX
- LSU ChE - Technical Sales
- Lots of hobbies
- Happy to be here!
Dads Helping Dads

- How I became a “Fragile X Dad”
- Superstar Wife – Occupational Therapist
- Wide Fragile X Spectrum
- Caroline – From Kindergarten to College
- Aim High / Tempered Expectations
- “Control What You Can Control”

fragilex.org/conference
x Communication #1: Call and Response

x Communication #2: Front Loading

x Communication #3: Limiting Distractions
  x Example: Headphones
  x Example: Side Talking
  x Example: Using Phone to Talk & Text

x Embrace the Repeat! Count to 7
Dads Helping Dads

- Interaction Ideas, esp with younger children:
  - Ready / Set / Go with a ball or Swing
  - Deep Pressure
    - Break down tasks into small steps
  - Don’t forget about your other kids!
  - Discipline – when, how?
    - Is it for Attention or Anxiety?
Dads Helping Dads

- Love Languages
  - Find things in Common
    - Sports, Books, Fitness, etc.
    - Telling Dad Jokes / Using Humor
      - Physical Humor
  - Most Important Thing: Just Show up
    - Don’t give up!
Speaker Contact Information

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Hangout? Bourbon Tasting?
Thank You to our Sponsors

Thank you to the following NFXF Chapters and Community Partners

- Fragile X Association of New York
- Fragile X Association of Southern California
- Fragile X Resource Center of Missouri
- Greater New York City Chapter
- Heartland Chapter — Iowa • South Dakota
- Houston Chapter
- Northern California Chapter
- Southeast Pennsylvania Chapter
- Western Massachusetts Chapter

(As of 5/3/2022)
We're here to help make each and every day just a bit better.
Reach out to us as contact@fragilex.org or (202) 747-6210 / (800) 688-8765
From the NFXF team: Linda, Jayne, Hilary, Missy, Kristin, Robby, Jen, Amie, and Kim