



18TH INTERNATIONAL

FRAGILE X CONFERENCE

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

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

Dads Helping Dads

- 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

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

Dads Helping Dads

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

Speaker Contact Information

Will Bridges

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Hangout? Bourbon Tasting?

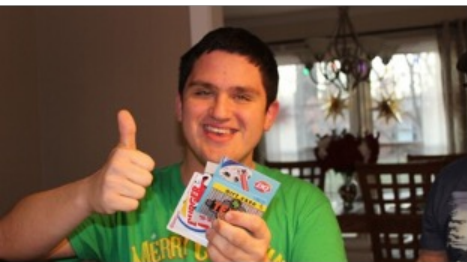
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Thank you to the following NFXF Chapters and Community Partners

- 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)




**NATIONAL FRAGILE X
FOUNDATION**

**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**

