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# Braided Cord Tough Times In And Out



## Synopsis

Liz Kulp, was diagnosed with fetal alcohol spectrum disorders (FASD) as a young teen. Knowing her challenges and understanding her strengths helped her graduate from public high school and strive to move on to independent adulthood like her peers. But, she soon learned that life within the context of a family that understood and helped her gain the desire for independence had not prepared her to live in a world filled with predators and abstract thinking. Liz unashamedly lets readers inside the hidden world of adult transition for many of our young people with FASD. It is a story you will not soon forget.

Short Excerpt from Liz: I was born an addict and ever since I was tiny I have overdone, overlooked or overwhelmed myself. I was born with fetal alcohol spectrum disorders, otherwise known as FASD. That means my mom drank while I was trying to grow in her stomach and because of her drinking some of my parts got mixed up and didn't grow too well. My differences are hidden and that's a real pain, because it is easy to judge a person by what you see. The most difficult parts of my life are caused from my brain, which was probably the most affected. I have trouble learning new things and I live in a world that is louder, softer, harder, scratchier, noisier, shakier, slipperier and more chaotic than most of the people reading this. I want you to imagine what it is like to feel the seams of your socks, the label on your clothes, the flicker of fluorescent lights, the mumblings and rumblings of every noise around you, and then try to learn new things. Overwhelming. Yes, that is what it is often for me."

Liz Kulp, once again opens the closed doors many families face daily loving human beings with complex neurological, emotional, cognitive, and behavioral damage. Beaten. Made fun of and shunned. Kicked and contained, Liz puts a face on fetal alcohol spectrum disorders (FASD) for the tens of thousands of US babies born each year. Liz adds reality to the adult lives of hundreds of thousands of adults who spend their lives in prisons, institutions or life on the street. She exposes what can happen once childhood is over. "Anna (Liz's heart sister)"

The process of producing Braided Cord, Tough Times In and Out has been a work in progress for Liz for over eight years. Reliving this through her words written in journals, poetry, rhymes and raps in addition to reviewing old medical files and correspondences has been very painful, but birth does not happen without pain. Her journey and the editing of this manuscript has touched me to the depths of my core self and brought me piercing heartache. No mother in the world who loves her child would ever want her or him to walk Liz's journey. And yet Liz's nightmare story is repeated family-to-family quietly hidden behind closed doors. Our family has chosen to reveal this pain to allow for new growth of programming and strategies to enhance the lives of our citizens with FASDs. We hope through our work as a family our actions speak, however messy, louder than our words. Her truth and experiences, whether we

agree with how the reality played out, are hers without our filters. " Jodee Kulp

## Book Information

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## Customer Reviews

Painful story. I hope the future will be good for this family. My daughter has FAS, is a young adult with a low IQ. I cannot imagine to let her go in her own apartment. She is so vulnerable. People living with FASD are different, some show more abilities than others. A living skills assesement is a must before taking any decision.

I read Braided Cord when it first came out. It is a story that is hard to read as a parent of a teenage daughter with FASD, but a necessary read. It helps to open up our eyes to the journey, the struggles, and the successes. The most helpful part of the book was where Jodee talked about wishing she had gotten services for Liz earlier. I took this advise, spent a year getting my daughter qualified for services, and am now so thankful. We have needed the services through the county, they have been a lifesaver. This book is an eye opener and I am thankful that Liz and Jodee have

shared so openly their journey.

As the mother of a boy with FASD and an FASD educator, what struck me as MOST important about Liz's marvelous survivor story is the message in the title: the braided cord. As parents of kids with FASD we know that our kids need external support whether they like it or not, and Liz's story shows that support like that - from parents, friends, professionals, and others - is a sign of strength and self-knowledge. Liz's 12 strands are all necessary for her survival, but it's her work that's created the braid. It's beauty in interdependence.

This tells it like it often is with children and young adults that deal with FASD in their life. I laughed and cried and felt her pain at times. This was so honest and from their hearts! This is a book that those that deal with FASD in their lives live every day. Way to go ladies, I pray people that read this will see and do something to help those that had no choice in getting FASD!

Lots of interesting information, but I had purchased with the intent of sharing with my daughter who has FAS, but will not ask her to read. It is a bit confusing and "lost" my interest for awhile. Overall a good read for NT people interested in the point of view of a person living with FAS.

This is so good it hurts. So many write what FAS is about...this is what it is like to live with it. Liz Kulp is inspiring....lots of helpful hints in the back.If you want to know what it is like to be someone with FASD, please read this book.

This book was very informative. We have 2 adopted boys and one is diagnosed FASD and the other probably had it too. It was helpful, but worrisome to see what might be the future.

Wow is all I can say...I admire Liz and her mother Jodee for how honestly they have shared life with FASD. Liz you help others to have hope. When I had my first child diagnosed I was told I was lucky as I had not adopted and could back out as there was no hope for her. I was crushed and felt like I had been kicked in the stomach. How could anyone look at her little face and say she had no hope for a future. Your mom and your books are what helped me to pick myself back up and realize that was not true. While the journey may be rocky it is amazing and you have offered all of us hope for our children's future. Even if the path isn't perfect it can still be successful!

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