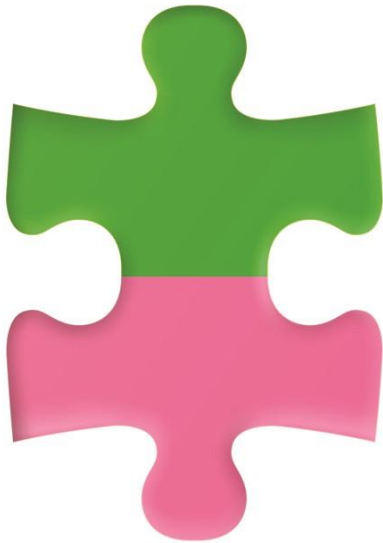


## Down Syndrome



### Common areas of gifting or strength

- ❖ Visual and tactile
- ❖ Social, eager to communicate with and model others
- ❖ Structure & routine

### Common areas of challenge

- ❖ Organizing and processing information
- ❖ Speech and language
- ❖ Fine and gross motor development

### Quick facts

- ❖ Down syndrome is a genetic condition where a person has an extra (third) chromosome in the 21<sup>st</sup> pair of chromosomes, giving it the name Trisomy 21.
- ❖ In most people with Down syndrome, every cell in the body has the extra chromosome (standard Trisomy 21). In 1-2% of babies, only some cells will contain the extra chromosome (mosaic Trisomy 21).
- ❖ Physical features noticeable in a person with Trisomy 21 include almond-shaped eyes that slant up, small hands, feet and mouth (but not tongue), low muscle tone or loose joints, and small stature.

## Resources

### Further Learning

- ❖ [allbelong.org/why-saying-congratulations-matters/](http://allbelong.org/why-saying-congratulations-matters/)
- ❖ [friendship.org/better-belonging-down-syndrome/](http://friendship.org/better-belonging-down-syndrome/)
- ❖ [dsawm.org/resources/educational-advocacy/](http://dsawm.org/resources/educational-advocacy/)

### Books for Adults

- ❖ [\*I Choose Adam\*](#), by David Winstrom
- ❖ [\*Its More Ups Than Downs\*](#), by Amy Troyer
- ❖ *Same Lake, Different Boat*, by Stephanie O. Hubach (as a series of videos: [youtube.com/playlist?list=PLUUDfvbPWocsoDUaSDP8F1hbMZuvFunvJ](https://youtube.com/playlist?list=PLUUDfvbPWocsoDUaSDP8F1hbMZuvFunvJ))

### Books for Kids

- ❖ *Be Good to Eddie Lee*, by Virginia Fleming (as a read-aloud video: [youtu.be/H\\_PVT9ahRmA](https://youtu.be/H_PVT9ahRmA))
- ❖ See 10 Picture Books that Celebrate Kids with Down Syndrome at [cafemom.com/parenting/196772-10\\_picture\\_books\\_that\\_celebrate](http://cafemom.com/parenting/196772-10_picture_books_that_celebrate)

### Videos

- ❖ Everyone Counts: My Friend Isabelle (3:59) [youtu.be/IEB2bk29AMQ](https://youtu.be/IEB2bk29AMQ)
  - Especially great for young children
- ❖ Not Special Needs (2:00) [youtu.be/kNMJaXuFuWQ](https://youtu.be/kNMJaXuFuWQ)
  - Entertaining and thought provoking for everyone