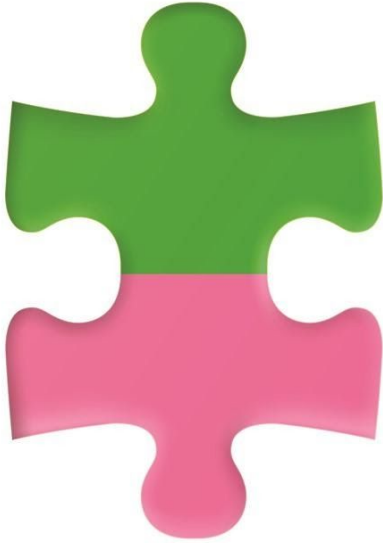




Down Syndrome



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 21st 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/
- friendship.org/better-belonging-down-syndrome/
- 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)

Books for Kids

- *Be Good to Eddie Lee*, by Virginia Fleming (as a read-aloud video: youtu.be/H_PVT9ahRmA)
- See 10 Picture Books that Celebrate Kids with Down Syndrome at cafemom.com/parenting/196772-10_picture_books_that_celebrate

Videos

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