



LET'S TALK ABOUT DOWN SYNDROME



A simple guide for children,
families and friends



10 things to know about Down syndrome

WHAT IS DOWN SYNDROME?

Down syndrome is something a person is born with.

It can mean that someone may learn, communicate and grow differently from other people.

And everyone with Down syndrome is different.



FOR GROWN-UPS

Down syndrome is a genetic condition caused by an extra copy of chromosome 21.

WE ARE ALL DIFFERENT

People with Down syndrome don't all look, sound or learn the same way.

Some love music. Some love football. Some love drawing. Some love numbers.

There is no one way to have Down syndrome.



FOR GROWN-UPS

People with Down syndrome have different personalities, interests, strengths and support needs.



I MIGHT NEED MORE TIME

Sometimes I need a little longer to understand, learn something new or answer a question.

Please give me time before you assume I don't understand.



FOR GROWN-UPS

Extra processing time can help children with Down syndrome understand, respond and learn.

I CAN COMMUNICATE IN DIFFERENT WAYS

I might use words, signs, pictures, gestures or my body to communicate.

Sometimes my speech might be difficult for you to understand.

Listen. Give me time. Ask me what I mean.



FOR GROWN-UPS

Speech and language development varies. Communication includes much more than spoken words.

I CAN LEARN

I might learn differently or need extra support.

But I can learn.

Don't decide what I can do before you give me a chance.



FOR GROWN-UPS

Children with Down syndrome can learn and may benefit from different teaching approaches, repetition and visual supports.

I HAVE FEELINGS TOO



I can be happy, sad, excited,
angry, worried or frustrated.

Having Down syndrome doesn't
mean I'm always happy.

I have big feelings, just like you.



FOR GROWN-UPS

People with Down syndrome experience the full range of emotions. Look at behaviour in context.



I HAVE THINGS I LOVE

I have my own interests,
personality and sense of
humour.

I might love dancing. Or football.
Or books. Or dinosaurs.

Get to know me.



FOR GROWN-UPS

People with Down syndrome have individual interests, preferences, personalities and ambitions.

DOWN SYNDROME IS ONE PART OF ME

I am a child first.

I am someone's sibling. Someone's friend. Someone's classmate.

I have dreams, likes, dislikes and opinions.

Down syndrome is part of my story. It isn't my whole story.



FOR GROWN-UPS

A diagnosis describes one aspect of a person, not their whole identity.



ASK ME, DON'T ASSUME

You might think you know what I can or can't do because I have Down syndrome.

You don't.

Ask me. Get to know me. Give me a chance.



FOR GROWN-UPS

Avoid assumptions based on diagnosis, appearance or experiences with other people with Down syndrome.

SEE ME. KNOW ME. INCLUDE ME.

I'm here to learn, play,
laugh, make friends, make
mistakes and grow.

Just like you.



FOR GROWN-UPS

Inclusion means meaningful opportunities to participate, communicate, learn, build friendships and contribute.



HOW TO USE LET'S KEEP THE CONVERSATION GOING

These cards can be used at home, in school or anywhere children are learning about difference.

Parents: start conversations.

Teachers: use them as an introduction.

Children: ask questions and get to know each other.

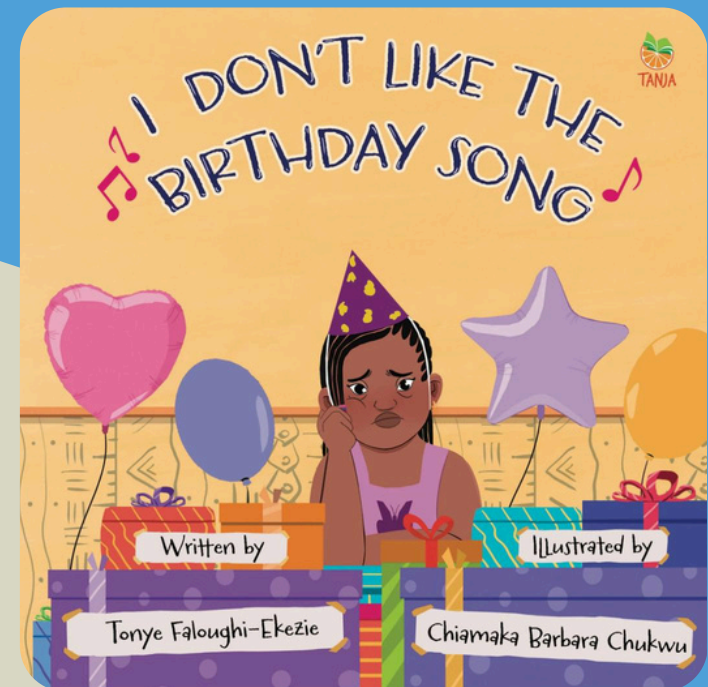
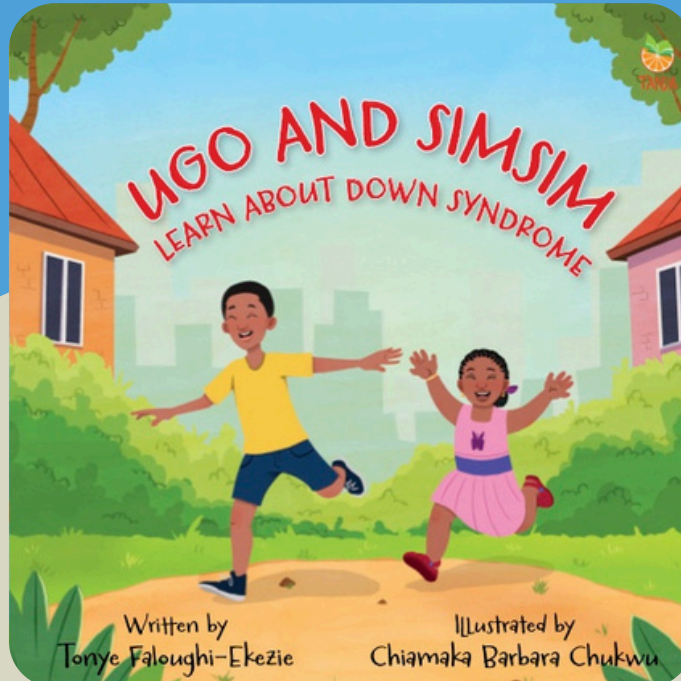
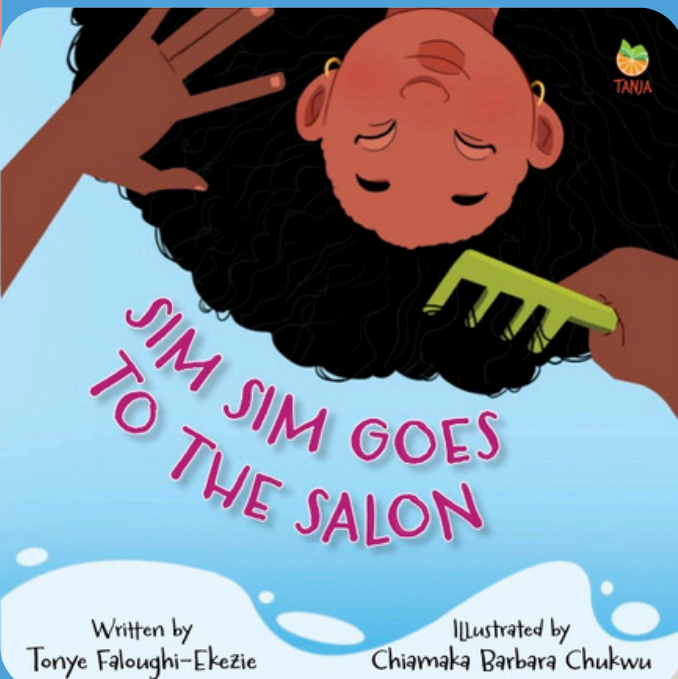
There is no one way to have Down syndrome.

These cards are a starting point, not a substitute for listening to individual children and their families.



Follow for More Tips

@simonesoasis



Learn more about our work.
Buy our books
Donate to our foundation



simones-oasis.org