



What is Down Syndrome?

Down Syndrome is the most common chromosomal condition in the United States occurring in about 1 in 700 babies. In the nucleus of each cell of a typical person you'll find 23 pairs of chromosomes. These chromosomes are a blueprint of who we are and how we're made. In a child diagnosed with Down Syndrome, you'll find an extra full or partial chromosome at the 21st pair in all or some of their cells. While the exact cause for the development of Down Syndrome is still unknown, maternal age is the only factor that has been linked to increased risk of having a child born with this condition.

Common Down Syndrome characteristics:

- Small stature
- Almond shaped eyes with upward slant
- Flattened facial profile
- Low muscle tone at birth
- Single, deep crease across the center of the palm
- Delays in speech and language development
- Attention problems
- Sleep difficulties
- Stubbornness and tantrums
- Delays in cognition
- Delayed toilet training

How can KidsCare Home Health benefit a child with Down Syndrome?

At KidsCare Home Health, we believe that therapy is most effective when conducted one-on-one, in a familiar environment that includes family members and caregivers. It's here, where we might find a Speech Pathologist helping a child with Down Syndrome learn to communicate their needs. Depending on the severity of the case, Occupational or Physical Therapy may also be present to assist in learning how to effectively perform activities of daily living or simply develop the coordination needed to encounter the world.

DOWN SYNDROME RESOURCES:

www.globaldownsyndrome.org

www.dsrf.org

www.ndss.org

www.downsyndromedallas.org

Speech:

1. Receptive and Expressive Language Skills
2. Articulation
3. Basic Sign Language
4. Social Communication Skills
5. Assistance with Communication Devices (AAC)

Occupational:

1. Self-care Skills
2. Fine Motor Skills
3. Attention and Concentration
4. Every Day Activities

Physical:

1. Balance and Coordination Skills
2. Muscle Strengthening
3. Help Improve Independence
4. Physical Fitness: jumping, catching, climbing