

# Down Syndrome



## *Editors*

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Look for social opportunities in the community (such as Scouts) or activities offered through the department of sports and leisure. Joining in and taking part will help your child develop social skills and have fun.

Talk with other parents whose children have Down syndrome. They can be a fountain of practical advice and emotional support. Visit the websites of the organizations listed below to see if they have a parent group nearby.

Be patient, be hopeful. Your child, like every child, has a whole lifetime to learn and grow.

Take pleasure in your beautiful one. He—she—is a treasure. Learn from your child, too. Those with Down syndrome have a special light within—let it shine.

Learn about Down syndrome. The more you know, the more you can help yourself and your child. See the list of organizations below.

### **Organizations**

National Down Syndrome Society

1.800.221.4602 | [www.ndss.org/](http://www.ndss.org/) (English)

<http://www.ndss.org/Resources/NDSS-en-Espanol/> (Spanish)

NDSS offers authoritative information about Down syndrome, including a 48-page downloadable parent booklet called *A Promising Future Together: A Guide for New Parents of Children with Down Syndrome*.

National Down Syndrome Congress

1.800.232.6372 | [www.ndsccenter.org](http://www.ndsccenter.org/) (English)

<http://www.ndsccenter.org/bienvenidos/> (Spanish)

NDSC is also an authoritative source of information on Down syndrome, offering such resources as its New Parent Package, a collection of materials refined over years to provide new and expectant parents with an initial understanding of the challenges— and joys—of raising a child with Down syndrome.



*"There is Nothing Down  
About  
Down Syndrome"*

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