

Nothing Down About Us!

Teaching Kids About
Down Syndrome

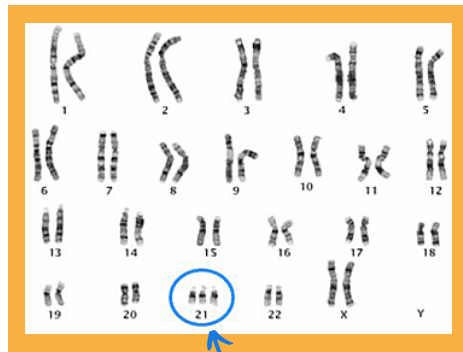


Down Syndrome Connection of the Bay Area
Empower - Inspire - Support



Down syndrome is something that causes differences in the way somebody looks and learns.

People with Down syndrome are born with an extra chromosome in some or all of their cells. Chromosomes are tiny molecules inside your body that tell it how to grow. When someone has an extra chromosome, it mixes up the body's directions a little. That is why kids with Down syndrome may look and learn a little differently than others.



An extra 21st chromosome

Chromosomes
kind of look like
socks! Can you
match these
socks?



Down syndrome may affect the way a person learns, talks, and behaves.

Kids with Down syndrome may need a little more time and extra help in the classroom, but can participate and have fun in all school and extracurricular activities...just like you!



Everyone learns a little differently. Try this word search and see what new words you learn.

Words are hidden ↑ ↓ and ↘

C I V G V S I G N L A N G U A G E E
E D H U W D I S A B I L I T Y F H W
L U T X T E G P R Z T C J O N G M Y
E W K U V N V A U B X U N X Y R T Q
B E D E T R E I N X H I Z S W N H H
R J O J S E T X P V C R M N C H E Y
A A D V O C A T E Z C O I V X V R Y
T U C K K G C H R O M O S O M E A S
E N I X D Q X O P H A M Y M Y E P C
H S M A R C H T W E N T Y O N E Y X
H I N C L U S I O N Y H K L X U Z G
Q W Q R Z K B O U C T Q X I G P Q U

CHROMOSOME tiny sock-looking structures in our cells that tell us how to grow

DISABILITY a condition of the body or mind that affects or limits how a person walks, sees, hears, speaks, or learns

SIGN LANGUAGE a way of communicating by using your hands - many kids with Down syndrome first learn to communicate using sign language

THERAPY special treatment to improve someone's body and mind - many kids with Down syndrome use speech, occupational, and physical therapy

ADVOCATE to speak up in support of someone's happiness and rights, like we do for our friends with Down syndrome

INCLUSION to make sure everyone is included and feels like they belong


MARCH TWENTY ONE World Down Syndrome Day is celebrated on March 21st (3/21) in honor of people with Down syndrome having 3 copies of their 21st chromosome

CELEBRATE making new friends with Down syndrome is something to celebrate!

People with Down syndrome have big dreams!

Many people with Down syndrome go to college, have jobs, and get married. Some become actors or actresses, work with the President, and even compete in the Olympics!





What are your
big dreams?



My Dream Job



My Dream House

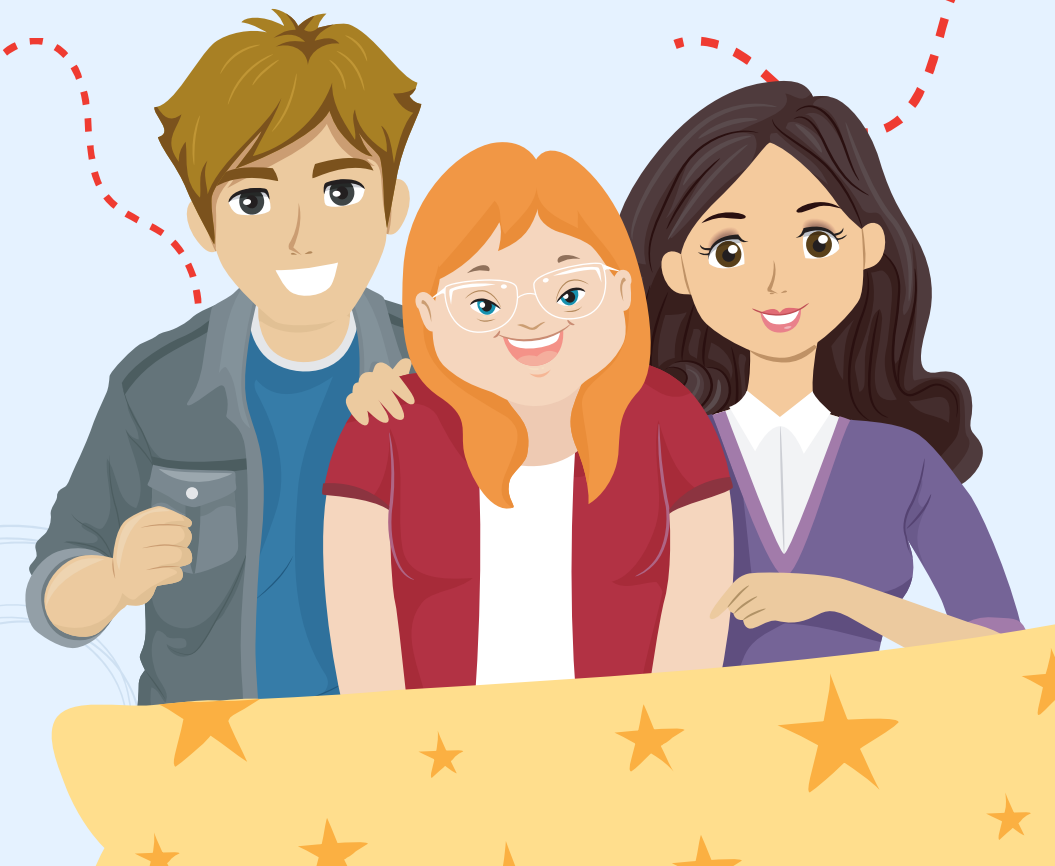


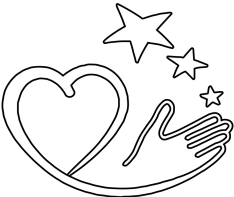
My Dream Pet



The best way to support someone with Down syndrome is to be their friend.

Do you like movies? Sports? Music? Your classmates with Down syndrome do too! Hang out together and get to know just how much you have in common!





DSCBA

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**Remember, you and
your friend with Down
syndrome are more
alike than different!**

Resources for Parents

Down Syndrome Connection of the Bay Area (DSCBA) is one of the state's leading resource and advocacy organizations promoting public awareness of and supporting lifelong opportunities for individuals with Down syndrome.

DSCBA encourages you to use this booklet to talk with your kids-and educate yourself-about Down syndrome. By taking the time to learn more about our peers with Down syndrome, we open the door to new friendships and opportunities to be advocates in our own communities.

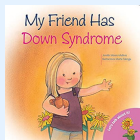
Books



Different: A Great Thing To Be
by Heather Avis and Sarah Mensinga (2021)



A Friend Like Anian
by Meeka Caldwell (2020)



My Friend Has Down Syndrome
by Jennifer Moore-Mallinos (2008)



Eli, Included
by Michelle Sullivan (2019)

Online Resources

Visit our website for access to our **Educator's Manual, Inclusion Resources, Ability Awareness Tips**, and more.



National program dedicated to supporting siblings of people with developmental, health, and mental health concerns

www.siblingsupport.org

Additional resources available on our website: www.dscba.org





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