

Downs Syndrome



Children with Downs Syndrome will have access to specialist paediatric support when they are born. They will monitor their heart and development closely to understand each child's particular presentation. Downs Syndrome is a spectrum, some children have more needs than others and this is why there is early close monitoring of their needs so that an individual package of support can be identified.

Children with Downs Syndrome can have heart, bowel and feeding difficulties when they are born, this is very individual to each child. Your doctor will help you understand what will be needed in your child's case.

Some children with Downs Syndrome can be delayed in hitting their milestones due to something called low muscle tone. This low tone makes it much harder to do things physically. One way to help this is by having lots of opportunities to lie on their tummy (some babies are not keen and might cry, but making it fun by using play and distraction, check with your specialist or health visitor first, but try and aim for a little bit in every hour on their tummy to help their development and this can be from a very early age). Using lots of tactile sensory play like messy play and water play can really help children develop their sense of self, supporting physical development and fine motor development.

Every child does things in their own time and there are considerable ranges within which children can develop. It is important not to rush stages and do things in your child's timeline as rushing can mean you skip developmental stages which can cause problems later on in life.

Your child's specialist team and health visitor will monitor your child's development. If they need physiotherapy, occupational therapy or speech and language therapy they can refer into these services. If you are worried ask your health visitor or specialist team for advice and support, they will help alleviate your worries.

Take time as a family and get to know and enjoy your new baby. The websites below offer excellent support and advice for families.

<https://www.downs-syndrome.org.uk/about/>

<https://www.pcp.uk.net/together-21>

<http://www.dsne.org.uk/>

<https://positiveaboutdownsyndrome.co.uk/nobodytoldme/>

