



Congratulations!



Your family is welcoming a new baby into your home. This is an exciting time for your family! To help you learn more about Down syndrome, we are sharing these games, books, definitions and puzzles with you. We also have a coloring book that we can send you in the mail.

We know many other families who have babies with Down syndrome who live near you and would love to talk to you about their brother or sister. Please contact us or have your parents call so

that we can introduce you. If you would like to borrow books in our Children's Library, please call or you can check it out on our website at www.dsagc.com. You can reach us at 513-761-5400. We can't wait to meet you and your family!



Definitions and Terms Associated with Down Syndrome

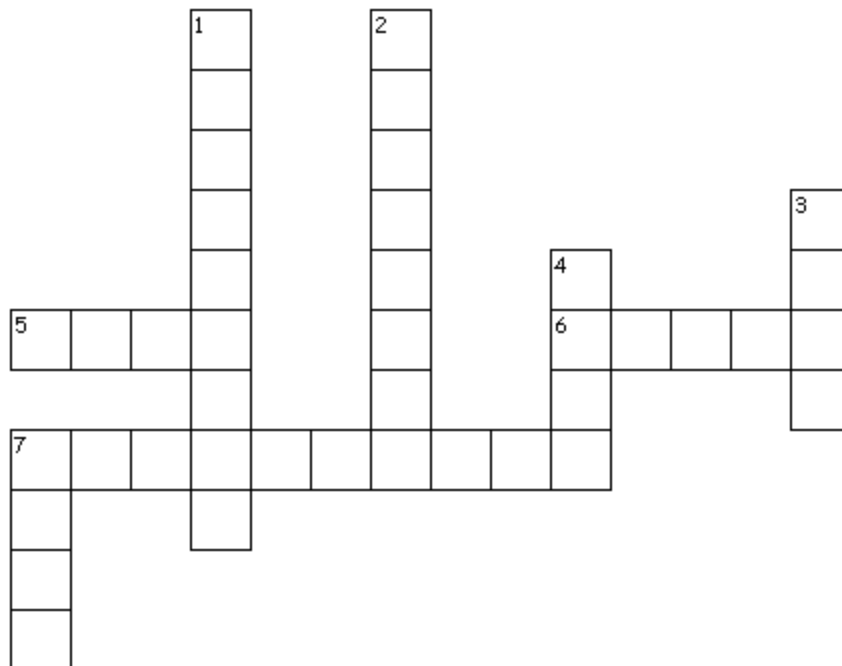
- **Birth defect** – When a baby is born the doctor may notice a problem that shows the baby needs further medical care. The baby may not have developed as it should. There are many different types of birth defects.
- **Cardiologist** – This is a doctor who is an expert concerning the heart.
- **Cells** – The basic unit of a living thing. The center of the cell is the nucleus.
- **Chromosome** – A tiny part of the cells of all plants and animals. Chromosomes contain genes which pass on physical characteristics from parent to child.
- **Congenital** – Something you are born with.
- **Developmental disability** – This is a condition that a baby is usually born with which will affect the baby's mental and/or physical ability for his whole life.
- **Diagnosis** - The act or process of finding out the nature of an illness or injury by examining its signs and symptoms.
- **Early Intervention** – When a baby is born with a disability it is important to make sure he/she gets connected with teachers and therapists as soon as possible to help the baby get a head start on development and learning.
- **Gene** - A tiny section of a chromosome. Genes cause particular characteristics such as eye color, hair color, or height to be passed on from parent to child.

- **Heart defect** – Some babies with Down syndrome may have something wrong with their heart so that it does not work properly. A heart doctor or cardiologist can help parents decide what they need to do to help their baby have a healthier heart.
- **Inclusion** – People with Down syndrome want to be included in the same activities and schools as their siblings and other neighborhood children. When people with disabilities are included in schools, church groups and community groups it is called inclusion.
- **Mental retardation** – A person with mental retardation may be slower than most people in mental or emotional growth. People with retardation are capable of learning but it may take them a little longer.
- **Sibling** – A brother or a sister. Also called sibs.
- **Trisomy 21** – This is a type of Down syndrome. It means that the 21st chromosome has three parts to it instead of 2 parts. That extra piece of genetic material causes the person to be born with Down syndrome.





Crossword Puzzle



Across

5. Another word for your brothers and sisters
6. More than the usual amount
7. A tiny part of the cells of all plants and animals

Down

1. Including everyone
2. Emotions
3. Fun or recreation
4. A tiny section of a chromosome
7. Something that helps you find an answer to a question

Choose your answers from the following list:

Feelings
Chromosome
Sibs
Clue

Extra
Inclusion
Gene
Play



Word Scramble

I B S G L S N I

R A E

L I C P E A S

D S I K

O T O !



Word Search Puzzle

Use the list below to find the hidden words in the puzzle

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

Fun

Syndrome

Down

Feelings

Play

Share

Brother

Sister

Chromosome

Friend



Books for Siblings

You may be interested in the following books just for siblings in the DSAGC Children's Lending Library. These books are all available for loan. Select a book, give us a call and we will mail it to you. Call 513-761-5400

The Best Worst Brother by Stephanie Stuve-Bodeen.

An endearing and realistic look at how a relationship evolves between a typically developing older sister and her younger brother with a developmental disability. It also shows how sign language can help a child who acquires speech more slowly. As Emma is pleased to discover, Isaac can learn to sign, he just learns when he's ready.

Reading Level Ages 4-8

We'll Paint the Octopus Red by Stephanie Stuve-Bodeen

When baby Isaac is born, the family is confronted with the fact that he has Down syndrome. Father explains that Isaac will still be able to do all of the things that big sister Emma has thought of; he will just do them at a slower pace. The story ends on a high note with an excited Emma and her father visiting Isaac and her mother in the hospital.

Reading Level Ages 4-8

Our Brother Has Down Syndrome by Shelley Cairo.

Tara and Jasmine tell about their little brother Jai, who has Down syndrome. The text stresses the ways in which he is like all children, although he needs extra help to walk, use a spoon, stack blocks, etc.

Reading Level Ages 4-8

Big Brother Dustin by Alden Carter.

Dustin, a young boy with Down syndrome, is excited when he learns that his mother is going to have a baby.

Reading Level Ages 4-8

Living With a Brother or Sister with Special Needs by Don Meyer

This book lends the voice of hope, confidence and clarity to the experiences many people whose siblings have special needs. It not only sheds light on many questions that often crop up, it also provides a safe forum to explore any and all sibling related issues.

Reading Level Ages 4-8

Oh Brother! Growing Up with a Special Needs Sibling by Natalie Hale.

Based on the experiences of a real family, older sibling Becca discusses finding the right kind of friends, and caring for a sibling with Down syndrome without becoming another parent.

Reading Level ages 9-12

The Babysitters Club - Dawn and Whitney, Friends Forever

Reading Level ages 9-12

Summer of the Swans by Betsy Byars.

A teen-age girl gains new insight into herself and her family when her brother with a disability gets lost.

Reading level: Ages 9-12

Tru Confessions by Janet Tashjian. Trudy, 12 keeps a journal on her mother's computer about what goes on in her life, and most of it is typical preteen stuff--school, friends, boys. She also writes of her two great dreams: to have a career in television, either in front of or behind the camera, and to use that career to investigate and film the latest research activities that might lead to a cure for her beloved twin brother, Eddie, who has a developmental disability.

Reading level: Ages 9-12

Views From Our Shoes - Growing Up with a Brother or Sister with Special Needs by Donald Meyer.

A collection of 45 brief essays by children and young adults who have a sibling with special needs, ranging from cognitive delays to a number of rare syndromes. The writings are arranged in chronological order, from that of a 4 year old to an 18 year old.

Reading Level Ages 8 through Young Adult

Sibling Slam Book by Donald Meyer.

Eighty teenagers, from all over the United States and abroad, talk about what it's like to have a brother or sister with special needs. Their unedited words are found in a brutally honest, non-PC look at the lives, experiences, and opinions of siblings without disabilities.

Reading Level Young Adult

My Sister Nora



My name is Rachel and I am 11 years old. My sister, Nora, is 2 years old and has Down syndrome. She's the cutest baby in the world. You always wonder, "What would we do without her?" She's the most playful baby. We sit around and make her car go, and she says, Vroom, Vroom".



Nora loves to play with stuffed animals and to watch Barney. She can do the hand motions to the songs. I'm a cheerleader and when I say the cheer she moves her arms like me.



Nora has been sick about 4 times, and 3 of those times she was in the hospital. When Nora went to the hospital, I was so scared because she was only a baby. I knew it meant that she must be really sick. She's my baby sister and when you look at her you wonder what she feels like. When she was better, all I could do was hug and kiss her.



I would say that my relationship with Nora is awesome!

I will do anything for her. When I feel sad or unhappy, Nora always will brighten my day. You look at her and just smile. When she was first born I wasn't sure what to think. When my Mom told me she had Down syndrome I thought, "OK. Kids at my school have it and it doesn't bother me." But it is totally different when your own sister has Down syndrome. Like when people call other people retarded, I get so angry. I feel like they have something against Nora. They usually don't mean it in a bad way, but it is still mean.

I love my sister with all my heart, and I wouldn't give her up for anything. Nora is the sweetest most beautiful person in the world!!!