



Down Syndrome is a genetic variation causing delays in physical, intellectual and language development. Approximately one in every 733 children born has Down syndrome. The cognitive impact ranges from mild to moderate intellectual disability for most individuals. Common physical characteristics of Down syndrome include: low muscle tone, small stature, upward slant to the eyes, and increased risk of congenital heart disease.

However, behavior and physical development in children with Down syndrome varies, as do their unique personalities, capabilities and talents. Early intervention, inclusive education, appropriate medical care, positive public attitudes, and loving homes enable people with Down syndrome to live productive and fulfilling lives. In adulthood, many people with Down syndrome have jobs and enjoy recreational opportunities in their communities. More than 400,000 people in the United States have Down syndrome.

Interested in learning more about Down syndrome?

These popular books are available to you from our Siskin Lending Library:

General:

Babies with Down Syndrome: A New Parents' Guide (also available in Spanish)

Gifts: Mothers Reflect on How Children with Down Syndrome Enrich Their Lives; also Gifts 2

A Guide to Good Health for Teens and Adults with Down Syndrome (Chicoine)

Teaching Children with Down Syndrome About Their Bodies, Boundaries, and Sexuality (Couwenhoven)

Down Syndrome Parenting 101: Must-Have Advice for Making Your Life Easier (Hale)

Helping Children with Down Syndrome Communicate Better: Speech and Language Skills for Ages 6-14 (Kumin)

Early Communication Skills for Children with Down Syndrome (Kumin)



[The Down Syndrome Transition Handbook: Charting Your Child's Course to Adulthood](#) (Simons)

[Down Syndrome: The First 18 Months](#) (DVD)

[Supporting Positive Behavior in Children and Teens with Down Syndrome](#) (Stein)

For Children:

[My Friend Isabelle](#) (Woloson)

[My Friend Has Down Syndrome](#) (Tourville)

[We'll Paint the Octopus Red](#) (Stuve-Bodeen)

[My Sister, Alicia May](#) (Ling)

Russ series by Janet Rickert or books by Marjorie Pitzer

[Fasten Your Seatbelt: A Crash Course on Down Syndrome for Brothers and Sisters](#) (Skotko)

Education:

[Fine Motor Skills for Children with Down Syndrome: A Guide for Parents and Professionals](#)
(Bruni)

[Gross Motor Skills for Children with Down Syndrome: A Guide for Parents and Professionals](#)
(Winders)

[Teaching Math to People with Down Syndrome and Other Hands-On Learners](#) (Horstmeier)

[Teaching Reading to Children with Down Syndrome: A Guide for Parents and Teachers](#)
(Oelwein)

We would also recommend:

Informative websites:



Brighter Tomorrows <http://www.brightertomorrows.org>

National Down Syndrome Society <https://www.ndss.org/>

National Down Syndrome Congress www.ndscenter.org

Local resources:

Chattanooga Down Syndrome Society <http://www.chattanoogadownsyndrome.org/>

Siskin Children's Institute www.siskin.org