



# October is DOWN SYNDROME AWARENESS MONTH

Down Syndrome is the most commonly occurring chromosomal condition in which a person has an extra chromosome. Having an extra chromosome means a child with Down Syndrome may do things differently, but they love to play, learn and be included just like you.

Approximately **1 in 800** babies worldwide is born with Down Syndrome. The average life expectancy of individuals with Down Syndrome has increased with many living into their 60s and 70s.

## Common physical traits of Down Syndrome

Individuals with Down Syndrome have low muscle tone, similar to a loose rubber band, which means they may require more time and effort for tasks that you might find easy. However, their superpower lies in their resilience and hard work. Remember to welcome them, enable them and include them in all that you do in class.

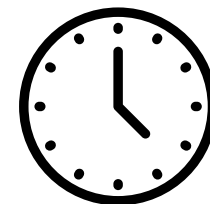
## Ways in which we can be best supported in class



We love to make friends



Speak slowly and clearly. Signs may help us understand.



Please give us extra time to answer questions.



We enjoy learning through play.



Please use pictures to help us learn.



Be patient with us



Listen carefully to what we say and make sure we can see your face when you speak to us.



We love it when we receive praise - "Well done!" "Great Job!"

IQ is not an accurate measure of ability. Every person with Down Syndrome experiences some cognitive delays but this is not indicative of the many talents and abilities they possess.

Some of the strengths of a person with Down Syndrome include:

- Strong visual learners
- Have the desire and ability to learn from, imitate and take cues from their peers
- Very expressive and have good social skills
- Have empathy and compassion for others
- Are good with technology
- Are good at life skills
- Creative



## The future is bright!

As a result of improved public attitudes and acceptance, many people with Down Syndrome are active and valued members of the community.



**Sania Khimji** is an artist, a self-taught dancer and has ventured into professional modelling.



**Gopikrishna Varma** is an actor who has played the lead role in a commercial film.