



# Parenting & Down Syndrome Guide (Down's Syndrome & DS Help For Parents and Teachers Book 1)

*Sandra Lane*

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## **Down Syndrome Guide For Parents & Teachers - Babies & Kids With Down Syndrome**

Learning that your infant is disabled, whether this disability is mental or physical is always difficult for any parent. Parents and families face various challenges when dealing with Down Syndrome, and parenting a child with this condition can be overwhelming.

**This book will give you a brief foundation of what Down Syndrome is, what its symptoms are, what to expect, and various parenting techniques that you may find effective.**

## **Here Are Some Things From The Book: Parenting Children With Down Syndrome**

**Here are some of the most common methods used to manage Down Syndrome:**

- Early Intervention
- Chiropractic Care
- Physical Therapy
- Occupational Therapy
- Behavioral Therapy
- Physical Therapy
- Medication

**If you are a new parent struggling to cope with the diagnosis of your baby, know that there are things you can do to ease your stress, sadness, or frustration. Here are some of the steps and important ideas you need to do or keep in mind:**

*-Down Syndrome is not a Death Sentence-*

One thing you might be worrying about is that your child won't be able to have a good life. This is not true. While having the condition may make life more challenging, happiness isn't impossible. In fact, many

individuals with Down Syndrome are actually able to lead happy, productive, and fulfilling lives. It's important that you hold on to this fact, and try to find ways to help your child achieve this outcome.

**Once , you've gotten over the shock of the diagnosis, and are ready to face the world by your baby's side. Here are some points you need to iron out before you proceed to figuring out different parenting strategies:**

1. Make sure you've chosen a physician that you trust and that you are comfortable with. Remember that this person will be in charge of taking care of your child's health, so choose only the best.

**During infancy, your child will need much of the same care a normal baby needs. However, here are certain points that you have to take note of when caring for a child with Down Syndrome:**

- Weaning may take a little longer for a child with Down Syndrome. They may have delayed development in terms of their ability to suck, swallow, or chew.

- Babies with Down Syndrome can be extra sensitive to textures and tastes. Feed them with smoother foods that are easier to chew and swallow. Choose flavors that are more neutral and familiar to them.

**When your baby grows to an ideal learning age, there are many things you can do in order to ease your child into the learning process.**

- Choose a school for your child that is progressive and accommodates children with special needs. Let them know exactly what your child needs, and what you are looking for in an educational program. Important characteristics for you to note include the openness of the staff, the flexibility of the program, their communication between parents and teachers, the discipline that they use, and the student demographic (Are there other special children in the school? What programs are they given for learning?).

**Here are other important parenting tips that you can follow in order to be a more effective parent:**

-Remember why you do what you do. There is no doubt that you will experience frustration every once in a while, particularly when you experience setbacks and difficulties from different directions. When you encounter these feelings, make sure that you remember that at the heart of everything that you do is love; love for your child, and a concern for their future.

As you can see this book covers everything from the diagnosis of Down Syndrome and how to deal with the emotions you will feel as a parent. As well as, therapies and educational strategies to help your baby grow into a healthy young child.

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