



**Down's Syndrome
Association**

A Registered Charity No. 1061474

A resource for children



What is Down's syndrome?

We suggest that children use this resource alongside an adult, so they can ask questions and discuss their thoughts.

A Down's Syndrome Association publication

Every child is unique...

which means they are not exactly the same as another child.



All babies are made with a bit of mum and a bit of dad.

This means a child will be like its mum, dad, brothers and sisters.



Everyone is different.



Sophia likes to run.



Omar likes to dance



Alfie can play table tennis but
Fatima can't yet.



Jacob likes music.



Sian can swim but Lucy can't yet.

Everyone has things that they are good at doing
and things they are still learning to do.

Feelings and Emotions.

We can all have the same feelings and emotions.



We can feel happy



We can feel sad



We can feel excited



We can feel lonely



We can feel worried



We can feel great

**We all like to have friends to play with
at school and at home.**

No one likes to feel left out

Sometimes we like to be on our own.

Sometimes we like to play with our friends.

What makes a good friend?

Being
kind

Being
helpful

Being
respectful

Saying nice
things

Being a good
listener

Sharing
activities

Taking
turns

Everybody playing
the game

Smiling

Looking after
others

What is Down's syndrome?

Some children have Down's syndrome.

Children who have Down's syndrome can do lots of things.

Do you know someone who has Down's syndrome?

These are ways you can include your friends who have Down's syndrome, so they are not left out:

Some children use pictures or sign language to help them say what they want.

You could learn some of the signs they use.

You could take photographs of the things you like to do and show them to your friends when you talk to them.

Find out what things you both like.

It might take your friends longer to say a word or sentence.

Give them time and don't say the words for them.

You might not understand what they say.

You will have to listen well.

You might find a fun way to share things with them.

You could make up a sign for your names.

Find out what you have in common...what things you both like or dislike.

Find ways to include your friend in games

You can play the games your friend enjoys.

You can show your friend what to do in new games.

You can ask an adult for ideas.

It's OK to ask your friend who has Down's syndrome if they want help.

Sometimes they might say no.

Only help if your friend says yes.

Treat your friend who has Down's syndrome like all your other friends.

If you want to know more about Down's syndrome ask your teacher.

More information

The Down's Syndrome Association has a helpline where we are happy to answer any questions you have.

The helpline is open Monday to Friday, 10am until 4pm.

Call us on 0333 1212 300.

You can find more information on our website:

www.downs-syndrome.org.uk

You can also email us:

info@downs-syndrome.org.uk



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