What is Down’s syndrome?

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