

Dear Expecting Mother,

I am the mother of a baby boy who was born with Down syndrome. The day I received my prenatal diagnosis was one that I will never forget, as everything I believed and expected changed in a single instant. All it took was a 5 minute phone call from my doctor, and my world would never be the same.

After some time of grieving, I began to adjust to my diagnosis, and then I began to learn. Many of the things I believed to be true about Down syndrome were, in fact, not. I learned about the difficulties we may encounter and the accomplishments we will likely face. I discovered support groups, chat rooms, online resources, and inspirational materials to guide my pregnancy.

I would like to pass these on to you, in the hope that they will bring you support and knowledge, as they did me.

Sincerely,
Emily



FACTS ABOUT DOWN SYNDROME



Down syndrome is the most common genetic condition
1 in 691 or **6000** pregnancies per year

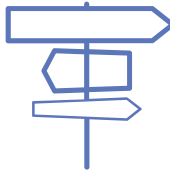


People with Down syndrome possess many strengths and individual talents.

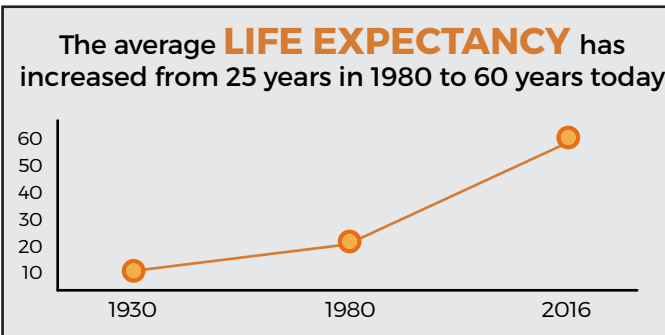


There are **200,000** people living with Down syndrome in the United States

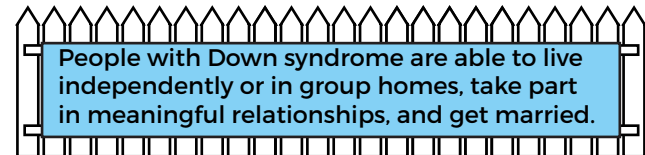
People with Down syndrome are able to meet the same milestones as their peers, just at a slower pace.



Children are able to be part of general education classrooms, continue with higher education, and have jobs within the community.



As medical advances continue, life expectancy will continue to increase



People with Down syndrome are able to live independently or in group homes, take part in meaningful relationships, and get married.



The cognitive impacts of Down syndrome tend to range from **MILD TO MODERATE**




Government funded programs, such as Early Intervention, are available to help. Children who begin therapies at a young age show significant gains in life skills compared to those who wait.

LEARN MORE


Down Syndrome Parents Group of WNY (DSPG)

 www.dspgwny.org

 716-832-9334


Emily Mondschein, Prenatal & Birth - 5 Year Old Support Group Coordinator

 emily.mondschein@gmail.com

 716-946-0429

The Friends and Family Down Syndrome Association of Niagara, Inc.

 www.dsaniagara.org

 716-870-4904


Babycenter Down Syndrome Pregnancy Chat Room

 http://community.babycenter.com/groups/a14515/down_syndrome_pregnancy

Down Syndrome Diagnosis Network

 www.dsdiagnosisnetwork.org

 info@dsdiagnosisnetwork.org

 612-460-0765

DownSyndromePregnancy.org


 downsyndromepregnancy.org

 stephanie.meredith@uky.edu

Lettercase.org

 www.lettercase.org

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 404-828-0290



DOWN SYNDROME (trisomy 21)

Information and Resources for Parents