

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. 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 son's 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 achieve. I discovered a fierce community of proud parents and loving siblings. I learned about the many accomplishments of people with Down syndrome and the fulfilling and independent lives they can lead.

I am here to tell you that there is light on the other side of this challenging and scary time. You are not alone. You are stronger than you know. You have support.

Much love to you,  
A Fellow Mom



# FACTS ABOUT DOWN SYNDROME



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

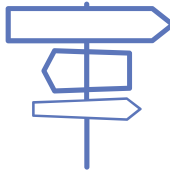


People with Down syndrome possess many strengths and individual talents.

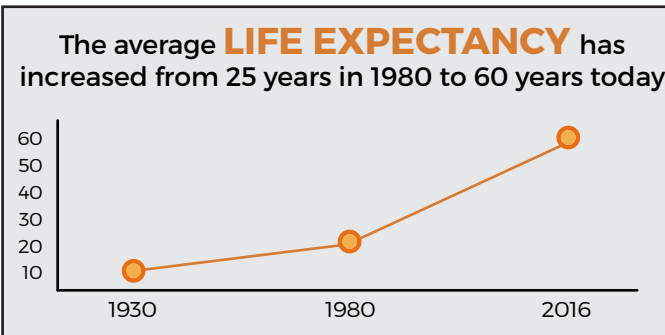


There are **200,000** people living with Down syndrome in the United States

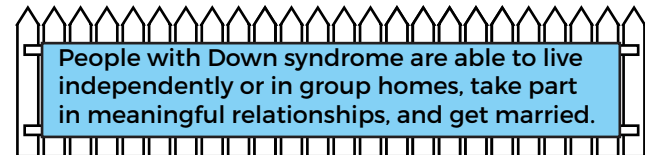
People with Down syndrome are able to meet the same milestones as their peers, just at a slower pace.



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




## 21\_Connect

 [21connect.org](http://21connect.org)  
 [connect@21connect.org](mailto:connect@21connect.org)  
 716-946-0429



## Babycenter Community for Down Syndrome Pregnancy

 [https://community.babycenter.com/groups/a14515/down\\_syndrome\\_pregnancy](https://community.babycenter.com/groups/a14515/down_syndrome_pregnancy)



## Down Syndrome Diagnosis Network

 [www.dsdiagnosisnetwork.org](http://www.dsdiagnosisnetwork.org)  
 [info@dsdiagnosisnetwork.org](mailto:info@dsdiagnosisnetwork.org)  
 612-460-0765

## DownSyndromePregnancy.org

 [downsyndromepregnancy.org](http://downsyndromepregnancy.org)  
 [stephanie.meredith@uky.edu](mailto:stephanie.meredith@uky.edu)




## Early Childhood Direction Center

 <http://www.kaleidahealth.org/>  
 (716) 408-2589

## Lettercase.org

 [www.lettercase.org](http://www.lettercase.org)  
 [info@lettercase.org](mailto:info@lettercase.org)  
 404-828-0290

## Parent Network of WNY

 <http://parentnetworkwny.org>  
 [info@parentnetworkwny.org](mailto:info@parentnetworkwny.org)  
 (716) 332-4170



# DOWN SYNDROME (trisomy 21)

## Information and Resources for Parents