

"Being the parent of a child with Down's syndrome means you learn to see the world with wider eyes and a more open heart"

"My child can make friends, enjoy life and have fun"

"Down's syndrome is not who my son is, but simply a part of who he is"

"Enjoy your baby, they may have Down's syndrome but they are still a baby"

"Every child is unique, this still applies to children with Down's syndrome, who knows what they will achieve. They are as individual as anyone else."

REMEMBER YOU ARE NOT ALONE

Contact Helen 01372 842911  
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Email: [info@downsyndromeok.org.uk](mailto:info@downsyndromeok.org.uk)

downsyndrome OK is a parent led, registered charity offering help to people with Down's syndrome, parents, carers and professionals in South East England.

All the trustees of the charity have children or relatives with Down's syndrome, so have experienced all those emotions that come with having a child with that extra chromosome!

We realise that you may not feel like talking to someone just yet, so please keep this leaflet somewhere safe – just in case you would like to get in contact some time in the future.

**downsyndrome OK** 

Affiliated to Down's Syndrome Association  
[www.downs-syndromeassociation.org.uk](http://www.downs-syndromeassociation.org.uk)



**Your baby has**  
Down's syndrome.



Congratulations on the birth of your new baby.

Your child will lead you to places you never expected to go and introduce you to people you never knew you would meet.

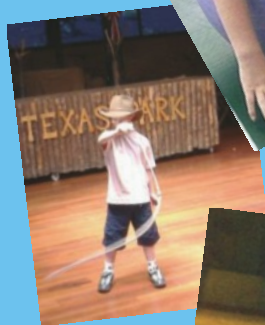
**downsyndrome OK**   
Offering help and support in South East England

 Affiliated to the  
Down's Syndrome  
Association

downsyndrome OK is a company limited by guarantee, registered in England number 4756272 and a registered charity number 1099580

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[www.downsyndromeok.org.uk](http://www.downsyndromeok.org.uk)



Dear New Parent,

As parents ourselves, we know how fantastic that moment is when you first see and hold your new baby.

We also know how hard it is when you hear those words for the first time "your baby has Down's syndrome".

We know that part of accepting those words means grieving and it is ok to feel disappointment, sadness and a sense of loss for the baby you thought you were going to have. Don't be afraid to cry. This did not happen because you did something wrong, it is easy to blame yourselves for what has happened. We are here to support and encourage you.

Your baby will be more like you than you think. Down's syndrome is only a part of who your baby is. Instead of 46 chromosomes your baby has 47. They still inherit your genes and so will have a lot of your characteristics.

Children with Down's syndrome will learn to walk and talk. They will just do it at their own pace. Children with Down's syndrome can attend mainstream school. Many go on to further education, find jobs, live independently and even get married. Children with Down's syndrome may have health problems but with medical help, many go on to lead happy and fulfilling lives:

Don't abandon your dreams. Just be willing to see them fulfilled in different ways.

Sincerely,  
The Mums and Dads of downsyntaxrome OK

Membership of downsyntaxrome OK is free to members of the Down's Syndrome Association

