I thought my pregnancy was normal. What happened?

About 80% of children with Down syndrome are born to mothers under age 35. Mothers over 35 have a higher chance of having a baby with Down syndrome.

It’s not certain how or why this happens. Without specific medical tests, it is impossible to tell if an unborn child might have Down syndrome.

What if I want to have another baby?

If you are planning to have more children, ask your doctor about your chances for having another child with Down syndrome. You may be referred to a genetic counselor.

Where do I begin to help my baby?

• Love and enjoy your new baby.
• Stay in touch with your baby’s doctor.
• Seek support from parent groups.
• Enroll your baby in early intervention (birth to 3 years old).
• Locate and enjoy new playmates.

What is Down syndrome?

There are about 350,000 people in the United States with Down syndrome, the most common genetic disorder.

Babies with Down syndrome are born with three copies of chromosome 21, instead of the usual two. The cause of this extra chromosome is unknown.

When a baby has Down syndrome, it can change the way he or she looks. These differences will not affect their health:

• Skin folds at the inner corners of the eyes
• Flat nose bridge
• Low muscle tone
• Difficulty breathing
• Heart defects

What will the future hold for my baby with Down syndrome?

People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome can learn to read and do everyday tasks. With support, many can:

• Move out of the family home
• Take care of themselves
• Go to regular jobs
• Participate in leisure activities
• Live rich and full lives

How might Down syndrome affect my baby’s health?

Babies with Down syndrome might be affected by any of the following health conditions:

• Difficulty breathing
• Heart defects
• Digestive or feeding problems
• Low muscle tone
• Skin folds at the inner corners of the eyes
• Vision problems

How do I get support and resources?

This brochure is a starting point for learning about Down syndrome, resources and support groups.

Welcome to your son or daughter. Today, we welcome your son or daughter into the world. Congratulations. You may have some questions about your baby.

Syndromes with Down syndrome are the most common

There are about 350,000 people in the United States with Down syndrome. The most common genetic disorder.

What will my baby’s health care involve?

Life with Down syndrome might have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disability, which can be anywhere from mild to severe. People with Down syndrome have some level of intellectual disable
Where can I find more information about Down syndrome?

Ask your doctor about important health screenings at different ages. Clinical guidelines can be found at the following professional association websites:

- American Academy of Pediatrics
  www.aap.org
- American Academy of Family Physicians
  www.familydoctor.org

The following organizations can answer many of your questions, offer support and refer you to resources:

- National Down Syndrome Society (NDSS) 800-221-4602 or www.ndss.org
- National Down Syndrome Congress (NDSC) 800-221-6602 or www.ndsc.org

Many parents recommend the NDSS Changing Lives Program (contact NDSS).

Health professionals often mention the book Babies with Down Syndrome (by Karen Stray-Gundersen) to new parents.

Additional resources in your area:

How can I find other parents of children with Down syndrome?

Many parents are happy to share their experiences and can help answer questions or find other parents of children with Down syndrome.

To find parent support groups in your area, contact:

- NDSS at 800-221-4602 or www.ndss.org
- NDSC at 800-232-6372 or www.ndsccenter.org
- Down Syndrome Newsgroup at www.downsyndrome.com

This brochure was developed by the University Centers for Excellence in Developmental Disabilities in CA (USC), MA (UMass Boston), IA (U of IA), KY (U of KY), and approved by the National Down Syndrome Congress. The opinions expressed are strictly those of the authors and do not necessarily reflect the opinions of the sponsoring organizations and do not necessarily reflect the opinions of the sponsoring organizations. The opinions expressed are strictly those of the authors and do not necessarily reflect the opinions of the sponsoring organizations.