

What is Down Syndrome?

Down Syndrome, also referred to as Trisomy 21, is a genetic condition that affects approximately 1 in 800 births in Canada. A person with Down Syndrome has 3 copies of the 21st chromosome instead of two. The effects of this extra 'genetic material' can include mild to moderate developmental delays, the potential for heart defects as well as issues with the stomach and bowel. There are also some distinguishing physical attributes that individuals with Down Syndrome might have including almond shaped eyes and low muscle tone. The prevalence and severity of associated attributes varies from individual to individual.



Myths about Down Syndrome

- Individuals with Down Syndrome are always happy and smiling
- Only older mothers have babies with Down Syndrome
- The mother must have done something during pregnancy to cause their baby to have Down Syndrome
- Individuals with Down Syndrome are unemployable

Facts about Down Syndrome

- It is the most common genetic condition affecting 1 in every 800 births in Canada
- Down Syndrome does not discriminate and can occur regardless of nationality, race, religion or socio-economic status
- People with Down Syndrome ARE PEOPLE and have the same range of emotions and feelings as anyone else
- There is absolutely nothing that a father/mother could have done either before or during pregnancy to have caused a child to have Down Syndrome, as the cell division occurs at conception.

Resources

There are a multitude of resources available. Here is a list of some that you might find helpful:

- Down Syndrome Association of Peel
www.dsap.ca
- Canadian Down Syndrome Society
www.cdss.ca
- Infant and Child Development Services Peel
www.icsdpeel.ca
- ErinoakKids Centre for Treatment and Development
www.erinoakkids.ca
- Down Syndrome Association of Ontario
www.dsaoo.ca
- Down Syndrome Research Foundation
www.dsrf.org

Notes

Down Syndrome Association of Peel

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Everything is going
to be alright

