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**CONGRATULATIONS!!** The birth of a new baby is, and should be, a time for celebration and the feeling of joy. Your baby may not be as you have dreamed, but please let us assure you that your baby is more like other babies than unlike.

Because of specialized services and a dramatic shift in our culture, individuals with Down syndrome are more fully included in schools, the community and workforce today and than ever before. Individuals with DS can and do achieve great things. A college degree is now attainable by many, career pursuits are satisfied, athletic dreams are captured (Karen Gaffney swam a relay of the English Channel), and meaningful, life-long personal relationships are fulfilled.

We realize that with the birth of your child with Down syndrome, you may have entered into a whole new world – one that can be confusing and filled with deep feelings at first. It is our hope that through information and support, you will be able to gain an understanding of your feelings, of your baby's special needs, and of the love your baby has to offer.

Our organization has a Parent Visitation Committee, which consists of parent volunteers, each of whom has a child with Down syndrome. We are here to talk at any time, whether it is in the hospital, at your own home, or on the phone. Each volunteer is more than willing to answer questions and offer support. These parents understand your feelings and can answer some of your questions better than anyone else because they have been where you are. If you are interested in talking to another parent, please call the Down Syndrome Guild of Southeast MI (DSG) Colleen Holmes at (248) 891-6291. Leave a message and Colleen will get back to you soon.

The materials on this website are taken in part from  
<http://www.nas.com/downsyn/welcome.html>)

Suggested Reading (These books are available to check out, free of charge, from the PCDS Lending Library):

- Babies With Down Syndrome, A New Parent's Guide, by Karen Stray-Gundersen
- A Parent's Guide to Down Syndrome, Toward a Brighter Future, by

- Siegried M Pueschel, M.D., Ph.D., M.P.H.
  - Medical and Surgical Care for Children with Down Syndrome. A Guide for Parents, Edited by D.C. Van Dyke, M.D., Philip Mattheis, M.D., Susan Schoon Eberly, M.A. and Janet Williams, R.N., Ph.D.
  - Common Threads, Celebrating Life with Down Syndrome, by Cynthia S. Kidder and Brian Skotko
  - Angel Behind the Rocking Chair, by Pam Vredevelt
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- Choosing Naia, by Mitchell Zuckott
  - Expecting Adam: A True Story about Birth, Rebirth and Everyday Magic, by Martha Beck
  - Angel Unaware, by Dale Evans
  - Gifts of Love (25 minute video)  
A Promising Future Together – A guide for new parents of children with Down Syndrome, NDSS(video)
  - Down Syndrome – The First 18 months, by Will Schermerhorn (video & dvd)

#### WEB RESOURCES:

- <http://www.nas.com/downsynholland.html> Welcome to Holland, by Emily Perl Kingsley
- <http://www.ndss.org> National Down Syndrome Society
- <http://www.nads.org> National Association for Down Syndrome
- <http://www.ndscenter.org/resources/print.asp>. A list of current and relevant resources can be found through the National Down Syndrome Congress's web site.
- <http://www.dsaoc.org..programs/heart.asp> "A Future and A Hope" by Carlene Mattson
- <http://www.einstein-syndrome.com/index.htm> Attitudes and Expectations in Down syndrome
- [http://parentwiseaustin.com/Archive/2005/10\\_October/index.shtml](http://parentwiseaustin.com/Archive/2005/10_October/index.shtml) "Perchance to Soar" by Amy Parham (DSACT parent & volunteer)
- <http://leeworks.net/DDS/> Diagnosis Down Syndrome