

# All About Me!



This booklet is sponsored by the Down Syndrome Guild of Southeast Michigan. It is used by teachers to welcome their students. Parents and individuals with different abilities also use it to communicate effectively with friends, family, schools, service providers, employers and community. If you need additional resources on Down syndrome please contact us on the web at [www.dsgsemi.org](http://www.dsgsemi.org).



We are pleased to share our All About Me booklet with you. This booklet contains a lot of information about our child \_\_\_\_\_ and our family.

We hope that this information will help you to get to know our child and some of his/her interests, strengths and skills.

We have high expectations for our child as other parents do for their children. We hope he/she will follow school rules, perform to the best of his/her ability and be a contributing member of the class. Good teaching and positive peer role models will help our child be successful.

If you have any questions, please call us at home \_\_\_\_\_ or at work \_\_\_\_\_. The best time to reach us is\_\_\_\_\_.

We look forward to working with you this year.

Please let us know how we can help make this a great school year.

Sincerely,



# *My Parent's Dreams For Me*

When our child was born we worried about:

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Our hopes for this year are:

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Our lifetime goals for our child are:

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Here are some ways we think you can help our child be successful:

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# Here is My Family



My name is: \_\_\_\_\_

My Mom's name is: \_\_\_\_\_

My Dad's name is: \_\_\_\_\_

I have \_\_\_\_\_ Brother(s) Their names are: \_\_\_\_\_

I have \_\_\_\_\_ Sister(s) Their names are: \_\_\_\_\_

We have a pet: \_\_\_\_\_ My pet's name is: \_\_\_\_\_

Other family or friends that I want you to know about are:

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# ***Interesting Facts About Me!***

My favorite activity is: \_\_\_\_\_

My favorite color is: \_\_\_\_\_

When I go outside, I like to: \_\_\_\_\_

My favorite hobby and other activities are:

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Three things that really motivate me are:

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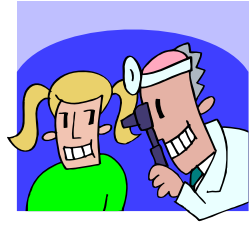
When I grow up I want to:

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# Health Considerations



Here are some things you may need to know about my health:

Surgeries:

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Current Medication (s):

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I wear glasses:    Yes      No                      I wear hearing aides:    Yes      No

When I am not feeling well I might:

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Other things you need to know about my health:

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# My Feelings

Things that make me feel happy:

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Things that might upset me:

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It's hard for me to:

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Things I may be afraid of:

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# Places I Like To Go

Here are some places that I like to go to with my family:

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My favorite vacation was when my family went to:

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My favorite places to go in my neighborhood are:

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# Communication

Here are some things you may need to know about how I communicate:

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My parents would prefer that you communicate with them by:

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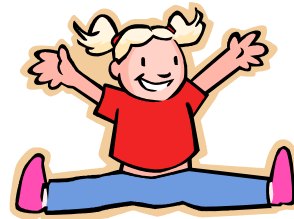
If I am frustrated I might:

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# Look What I Can Do!



Here are some things I do to help around the house:

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Here is a list of things I do in the community on a regular basis:

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Here are some things I can do if someone helps me:

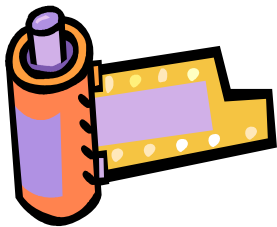
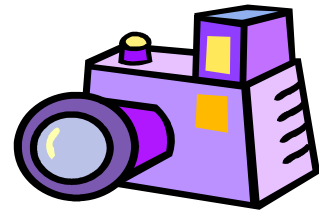
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# *Pictures of Me!*



# ***Myths & Truths***

## ***About Down Syndrome***

**Myth: Down syndrome is a rare genetic disorder.**

Truth: Down syndrome is the most commonly occurring genetic condition. One in every 800 births is a child with Down syndrome. There are currently 350,000 people in the U.S. with Down syndrome, with 5,000 to 6,000 births per year.

**Myth: Most children with Down syndrome are born to older parents.**

Truth: Eighty percent of children born with Down syndrome are born to women younger than age 35 due to higher fertility rates. However, research has shown a link between the incidence of Down syndrome and maternal age.

**Myth: Down syndrome is hereditary and runs in families.**

Truth: Most cases of Down syndrome are sporadic, chance events. In general, Down syndrome does not run families and a sibling or aunt has no greater chance of conceiving a child with Down syndrome.

**Myth: People with Down syndrome have severe cognitive delays.**

Truth: Most people with Down syndrome have cognitive delays that are mild to moderate. IQ is not an adequate measure of the functional status of people with Down syndrome. People with Down syndrome have great potential if given opportunities.

**Myth: The life expectancy of people with Down syndrome is 30.**

Truth: Thanks to advances in medical and clinical treatment and opportunities to thrive, as many as 80 percent of adults with Down syndrome reach age 55, and many live longer.

**Myth: Behavior problems and depression are just part of having Down syndrome**

Truth: Often, medical or mental health problems go untreated due to the assumption that it is typical of having this genetic condition. Complete examinations by appropriate health care professionals should always be pursued.

**Myth: Children with Down syndrome are placed in segregated special education programs.**

Truth: Children with Down syndrome are included in regular academic classrooms across the country. Students may be integrated into specific courses or fully included in the regular classroom for all subjects.

**Myth: Adults with Down syndrome may be unable to work.**

Truth: Businesses seek young adults with Down syndrome for a variety of positions. They are employed by banks, corporations, nursing homes, hotels and restaurants. They work in the music and entertainment industry. People with Down syndrome bring to their jobs enthusiasm, reliability and dedication.