

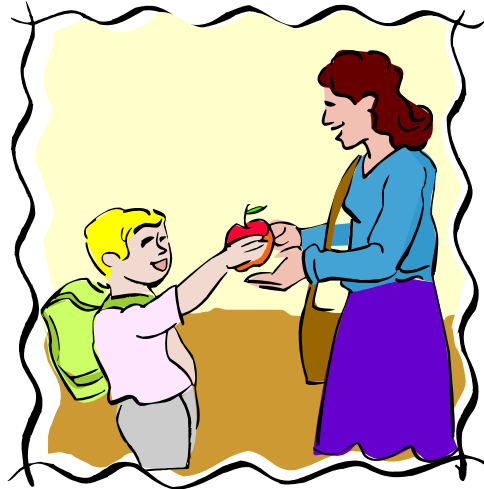


GETTING TO KNOW ME!



This book is designed to help you welcome your new student. If you need additional resources on Down syndrome please contact Families Exploring Down Syndrome @ FedsofMichigan@gmail.com – 586-997-7607

September 2014



We are pleased to share our **Getting to Know Me** booklet with you. This booklet includes 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 work/cell (____)_____, (____)_____. 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 for our child, his classmates, schoolmates and you.

Sincerely,

My Parent's Dreams for Me



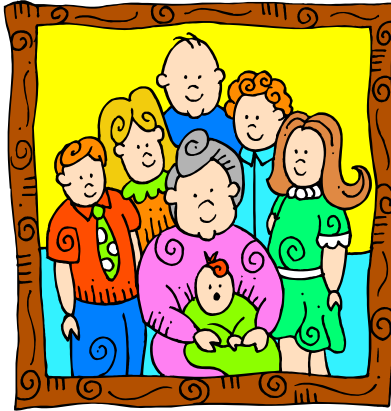
When our child was born we worried about _____

Our hopes for this year are _____

Our lifetime goals for our child are _____

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

HERE IS MY FAMILY



My name is _____ I like to be called _____

My birthday is _____ and I was born in _____ (City)

My Mom's name is _____

My Dad's name is _____

I have ____ brothers. Their names are _____

I have ____ sisters. Their names are _____

We have ____ pet(s).

Pet's name

Breed

_____	_____
_____	_____
_____	_____



Other family members or friends that I want you to know about -

MY LEARNING STYLE

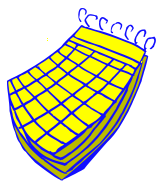
Three things that motivate me _____



My strengths are _____

Here are some things that you need to know about how I communicate _____

Here are some ways to communicate with me so that I'll better understand you



Ways to help me transition more easily include _____

Other things you need to know about my learning style _____

THINGS I LIKE

These are some of my favorite things:

Activity _____ Character _____

Animal _____ Book/Game _____

Food & drink _____ Color _____

When I'm inside I like to _____

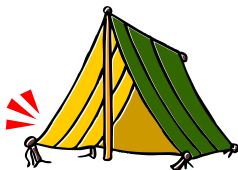


When I go outside, I like to _____

After school I _____



On the week-ends I _____



My other favorite hobbies or activities _____

MY FEELINGS



Things that make me feel happy _____

Things that make me feel better _____

When I get upset, I may say or do _____



Things that might upset me or make me sad _____

I respond positively when _____



I might be mischievous when _____

When I'm tired or not feeling well I may _____

Things I may be a little afraid of _____



It's hard for me to _____

PLACES I LIKE TO GO

Here are places I enjoy at school _____



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

Here are some places that I like to go with my friends _____



My favorite place to go in my neighborhood is _____



These are the fun things I did this summer _____

HEALTH CONSIDERATIONS

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

Surgeries _____

Current Medication _____

Recurring Illnesses _____

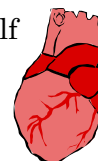
Allergies _____



I wear glasses Yes _____ No _____
I need help cleaning my glasses Yes _____ No _____

I have a hearing loss Yes _____ No _____ Ear(s) _____
Degree of loss _____

If I injure myself, as a result of heart surgery, I may need penicillin to protect myself from Bacterial Endocarditis Yes _____ No _____
(Please contact my mom or dad as soon as possible)



ATL X-ray Yes _____ No _____ Date _____
Results of X-ray _____



I am a _____ sleeper

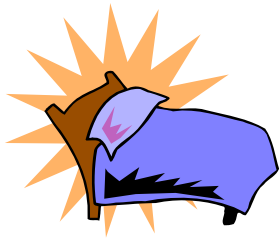
I have the following sensory needs _____

Other things you may need to know about my health _____

THINGS I DO TO HELP AT HOME



THINGS I CAN DO FOR MYSELF



THINGS I MIGHT NEED HELP WITH AT SCHOOL

Dressing ___ Zippers ___ Coats ___ Shoelaces ___ Shoes/Boots ___ Other



FAMILY PHOTOGRAPHS

Myth: Down syndrome is a rare genetic disorder.

Truth: Down syndrome is the most commonly occurring genetic condition. One in every 733 live births is a child with Down syndrome, representing approximately 5,000 births per year in the United States alone. Today, Down syndrome affects more than 350,000 people in the United States.

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 35-years-old. However, the incidence of births of children with Down syndrome increases with the age of the mother.

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. Children with Down syndrome are definitely educable and educators and researchers are still discovering the full educational potential of people with Down syndrome.

Myth: Children with Down syndrome must be placed in segregated special education programs.

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

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 this genetic condition. Complete examinations by appropriate health care professionals should always be pursued.

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: Adults with Down syndrome may be unable to work.

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

Myth: People with Down syndrome are always happy.

Truth: People with Down syndrome have feelings just like everyone else in the population. They respond to positive expressions of friendship and they are hurt and upset by inconsiderate behavior.



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