

My baby has Down Syndrome



Down syndrome is a condition in which babies are born with an extra chromosome (number 21). This chromosome is linked to delays in mental and physical development. The physical features and medical problems associated with Down syndrome vary considerably among people who have it. While some need medical attention frequently, others do not require as much medical attention.

Upon receiving the news

If your child has been diagnosed with Down syndrome, they may have feelings of loss, guilt, and fear upon receiving the news. The following recommendations can help you take in the news and prepare for the baby's arrival:

- Talk to other parents whose children have Down syndrome.
- Find and participate in support groups.
- Learn as much as possible about Down syndrome. This will help you to have accurate and up-to-date information to make decisions and maintain a realistic and positive attitude towards the future.
- Clarify any questions you have with your doctor.
- Express your feelings. Feelings of anger and frustration will ease as time goes on.
- Children with Down syndrome benefit from early intervention programs as soon as possible. Physical and occupational therapy can help.
- A better understanding of Down syndrome and early interventions can increase the quality of life for children and adults with it.

- Contact a local Down syndrome organization. This organization is ready to listen, speak, and offer valuable information.

Puerto Rican Down Syndrome Foundation:

(787) 283-8210

Social and Emotional Aspect

For recommendations, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during and after your diagnosis process, please visit your primary care physician or contact the following phone lines:

Medical Advice Line:

1-844-347-7801

TTY/TDD: 1-844-347-7804

APS Health: 787-641-9133

References

<https://www.mayoclinic.org/es/diseases-conditions/down-syndrome/symptoms-causes/syc-20355977>

<https://www.healthychildren.org/Spanish/health-issues/conditions/developmental-disabilities/Paginas/children-with-down-syndrome-health-care-information-for-families.aspx>

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