Positive about Down syndrome

# PADS PARENTS

# RECOMMENDED RESOURCES

**As parents we know how easy it is to spend time reinventing the wheel. We hope you will find these recommendations helpful and inspiring!**

dsuk
down syndrome uk

**These are resources kindly recommended by our families. DSUK does not financially benefit from these recommendations; we are sharing to hopefully save you time!**

# BOOKS & RESOURCES

## COMMUNICATION

Early communication skills
Jolly Phonics
See and Learn
Nursery rhymes
Bath form letters and numbers
Flash cards

## BEHAVIOUR

Supporting positive behaviour in children with Down syndrome

## COUNTING

Squidgy sparkles numbers set 0-9
Multi pack of yellow ducks to practice counting in the bath

## MATHS

The Maths Mum book

## SIBLINGS

I love you Natty book

## COLOURS

Bean bags (different colours)
Brown bear brown bear what do you see?

## READING

Pops Resources
Where's Mr Duck
Where's Mr Dog
Where's Mrs Fox
That's Not My Books
Spot The Dog Books
Baby's Very First Noisy Nursery Rhyme
Baby Very First Noisy Book Farm
Jelly cat



# EQUIPMENT

## DRINKING

Teddy bear drinking bottle
Munchkin weighted straw cup
Munchkin "medicator" medicine dispenser dummy

## EATING

Chewy tubes
Doddl cutlery set
Doidy cup
Self-feeding spoons
Fruit feeder
Feeding tubie-tape

## SITTING

Chicco polly magic relax high chair
IKEA antilop high chair
Fisher Price sit me up seat
Fisher Price giraffe chair
Push chair seat cushion insert
High chair footplate
Jenx corner seat (ask portage, physio or OT for one)
Out N About nipper v5 pram

## BATHING

Shnuggle bath tubs
(Receive 15% off, using code SHNPADS15 (excludes bundles, gift sets and sale items).

## PHYSIO

Crawling track (build your own - see PADS POD)
Climbing frame
Soft play
Little tikes walker

## LAYING

Positioning aid

## CAR

BeSafe baby mirror XL2 with lights

## CONGESTION

Snufflebabe baby nasal aspirator
Nasal aspirator
Humidifier



# SENSORY PLAY

## PLAY

Vtech crawling ball

Water tummy time pat mats

Tuff trays

Mirrorbell chime

Stacking cups

Blocks

Stacking rings

Mirror

Finger puppets

Nursery rhyme puppet fingers

Sensory balls

Orchestra musical instrument

Treasure basket

Play doh

Foil blanket

Shape sorter

Wooden car ramp racer

Mini loaf tray for cooking / freezing small portions

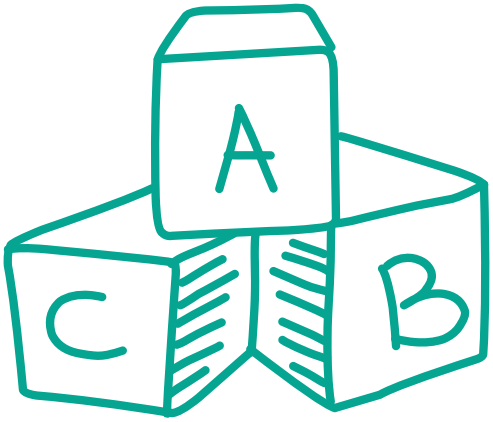
Wind up music toy, great for teaching 'on' and 'more' 'finished'

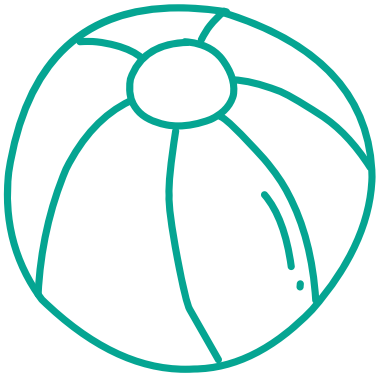
Cheatproof shape sorter

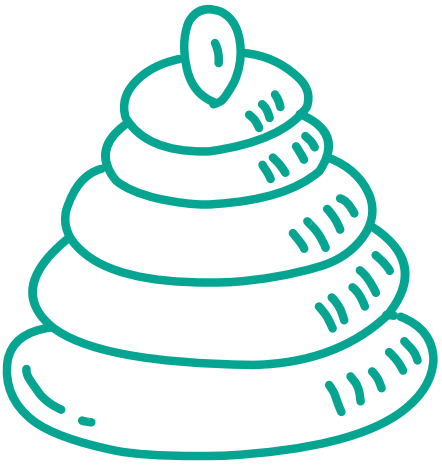
Tonie box

Sensory stretch tubes

Bean bags (different colours)







Down Syndrome UK is a charity registered in England and Wales 1184564

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# FINE/GROSS MOTOR SKILLS

Spike the fine motor hedgehog

Pop up toy

Gross motor skills for children with Down syndrome book

Fine motor skills for children with Down syndrome book

Peg puzzles

The fizzy and clever hands programmes

Large peg puzzles

Suction cup spinner toy

Wooden post box

Grasp ball

# MAKATON

Core vocabulary videos

Singing Hands

Mr Tumble

The makaton story and nursey rhyme books