

# This is me

# Top tips



## Areas of strength:

- Strong visual awareness and visual learning skills.
- Ability to learn and use sign, gesture and visual support.
- Ability to learn from pictorial, concrete & practical materials.
- Keen to communicate and socialise with others.
- Ability to learn and copy behaviour from peers and adults.
- Structure and routine.

## Factors that inhibit learning:

- Auditory and visual impairment.
- Delayed motor skills - fine and gross.
- Speech and language impairment.
- Short-term and working memory weaknesses.
- Shorter concentration span.
- Difficulties with consolidation and retention.
- Difficulties with generalisation, thinking and reasoning
- Sequencing difficulties.
- Avoidance strategies.

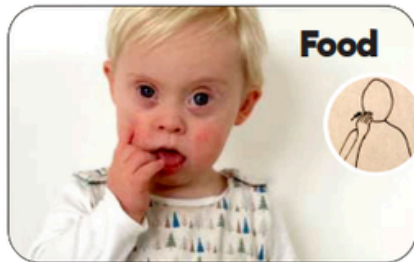
## CORRECT TERMINOLOGY

Always use first person language, if necessary to refer to the condition, say “Jack has Down syndrome”, never “he’s a Down’s boy”.

Focus on needs rather than problems, e.g. “Billy needs extra time to eat” rather than “Billy has problems eating”.

Avoid comments like “you can’t tell” or “she has it mild” or “he doesn’t have it that bad”.

## We advocate the use of Makaton



Children with Down syndrome tend to be hypermobile and low-toned, therefore take care when supporting all movements and positions.

## COMMON MYTHS

**Myth:** Individuals with Down syndrome are always happy.

**People with Down syndrome experience the same range of moods and emotions as everyone else.**

**Myth:** Individuals with Down syndrome are stubborn.

**A child with Down syndrome may not be able to tell you how they feel, which can lead to the false perception that s/he is stubborn.**

## PLEASE HAVE HIGH EXPECTATIONS

# This is me

My name is



PHOTO

What's important to me

This is my family

PHOTO

Things I enjoy/don't enjoy

Support I might need with eating and drinking

Their names are

How to support me with my toileting/nappy changes

How I learn best

How to comfort me when I'm upset

How I move about

**PLEASE REFER TO MY FOLDER FOR FULL CARE PLAN**

