The Parkside School
learn grow thrive

Down's Syndrome Mail



Welcome to the first edition of Down's Syndrome Mail, a newsletter which will be sent out termly within Parkside to celebrate the Down's community within our school, and share knowledge and positivity!

Down's Syndrome Padlet

Our Parkside Padlet full of information about Down's Syndrome and some teaching Resources specifically designed to be printed/laminated and used in your classrooms. Thankyou David also for your support assisting with articles and advice for this. It will be going up when the website is revamped and something I will keep adding to.

This week I have some information about who the Downs Syndrome Association are and what they do for the Downs community. Also a resource explanation of how to make an "All about me book" - a visual support for our Downs pupils.

https://padlet.com/amybrownhill/down-s-syndrome-resource-5pt6fy5wy4j3a6nu

SLEEP



We know that around 50% of children who have Down's syndrome experience sleep issues. These may be behavioural in nature or have a physical cause such as obstructive sleep apnoea. This is where a person's normal breathing is disrupted during sleep because the walls of the throat relax and narrow or block the airway. Some children may have a complex mixture of behavioural and physical sleep problems. Bedtime routines, consistent bedtime and waking times, going to bed when tired, falling asleep without parents and avoiding excitement near bedtime are some of the things that help to lessen the likelihood of behavioural sleep problems.

COMMUNICATION



Children with Down's Syndrome often need extra time to respond and process information. Some easy everyday adjustments to help effective communication, and tips which have helped me personally communicate with our Down's pupils in Crocodile:

- Be on the child's physical level so they can see your facial expressions clearly
- Make your communication visual; supporting with signing and gestures
- Be overly animated when trying to communicate-lots of facial expressions, vary tone of voice and slow speech down-taking pauses between words. I often see several of the Crocodile Down's pupils really watching my facial expressions when I am asking them to follow an instruction in particular.

- Repetition, repetition, repetition- helping with vocab by repeating back words that need some adjustment/clarity clearly
- Time- take your time communicating and give the pupil extra time to process