

More Alike than Different

Embracing our differences

Who am I? Why am I here?

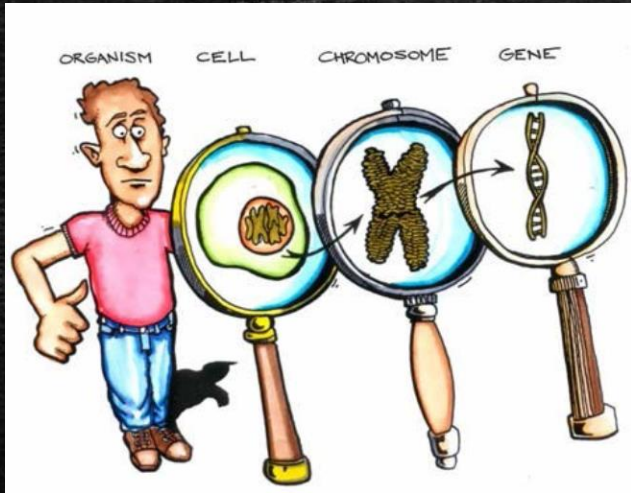
- Teana Ross
- Presley's Mom



More Alike than Different



Cells and Chromosomes



- Our body is made up of CELLS, trillions of them and that they can only be seen with a microscope.
- Inside each cell are CHROMOSOMES.
- We each receive 23 chromosomes from our mom and 23 chromosomes from our dad. So how many do we have?
- When a baby with Down Syndrome is created, they get an extra 21st chromosome, so they have 47 chromosomes in each cell of their body chromosomes in each cell of their body.
- They have no choice in this happening and their parents have no choice.

Down syndrome

- Down syndrome is very common. In fact, it occurs once in every 733 babies who are born.
- There are people with Down syndrome from every race, nationality, religion, and background. It occurs equally in boys and girls.
- It doesn't run in families, and nothing the parents did when they were pregnant causes Down syndrome. Doctors and experts are not really sure what causes it. It just happens randomly, like flipping a coin or winning the lottery.
- People with Down syndrome can grow up to go to college, get married, work, and live a long happy life --- just like you! They want to make friends, do fun things, and be included in the classroom, lunch and at recess.



Down syndrome, continued

Having Down syndrome makes some things easier and some things harder for Presley, but she is capable of doing the same things you are: learning, playing, and making friends!

A few easier things:

- greater flexibility; can touch nose to ground while seated.
- Ability to read peoples emotions



Down syndrome, continued

Some things are harder for Presley and other friends with Down syndrome.

Sometimes she needs extra help, so she leaves the classroom sometimes to go to speech therapy and get extra help with math!

We're going to do some experiments so that you can see how hard some things might be and understand Presley better:

- Hypotonia/ muscle tone
- Speech



Experiment 1

Hypotonia is a medical term used to describe decreased muscle tone. It's what it feels like when your arm falls asleep when you are on the couch and you can't pick up the remote control to change the channel.



Experiment 2

- People with Down syndrome have differences in the mouth and throat areas that make it more difficult for them to eat, drink, and be understood when they are speaking: – small and narrow upper jaw, and a high arch/ roof of mouth; – low muscle tone, and weak oral facial muscles



BIG SECRET #1

Who do you think is the BEST teacher for Presley and other friends with Down syndrome?

YOU

How to be a good teacher and friend

- Don't talk baby talk; Speak slowly and clearly;
- Talk to Presley each day (more than just hello); – Invite her to eat lunch with you and play with you and your friends during recess, ask her to join your group
- Talk with an adult if you observe hurtful things happening (either to Presley or caused by her)
- It's never okay to tease

BIG SECRET #2

- Research has shown that you learn even more by teaching others than you do by being taught yourself!
- If you have an idea about how to help Presley learn, share it with Mrs. Looman or Mrs. Norman. It feels good when you can help other people!

VIDEO

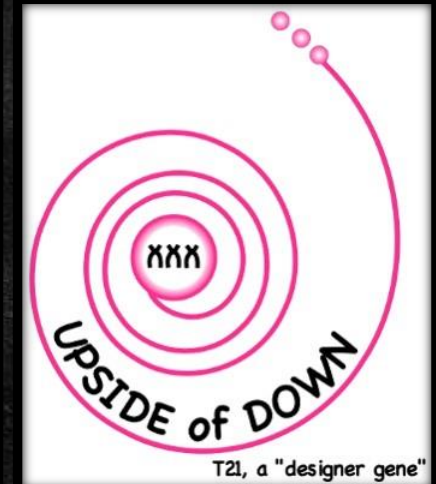
JUST LIKE YOU!



THANK YOU!!!!



Sunday, October 22nd



www.UpsideOfDown.org