



Foyle Down Syndrome Trust



Welcome Pack for New Parents



Fostering a
culture of inclusion

Congratulations on the birth of your new baby and Welcome to Foyle Down Syndrome Trust!

Bringing your baby home for the first time



Your baby has the same basic needs as all other newborns, therefore make use of the information which is available from your midwife, in baby books and magazines. Foyle Down Syndrome Trust are also here to provide support from the outset. Our staff are available to meet with you at any stage and are willing to help you in whatever way possible. Often new parents have a lot of questions that they want answers to, here at Foyle Down Syndrome Trust we have compiled a list of the most frequently asked questions and with the help of our parents, we have done our best to answer each of them.

Frequently Asked Questions

How common is Down Syndrome?

Statistics show that every day in the UK between one and two babies are born with Down syndrome, meaning that every 1 in 1000 babies is born with the condition.

What will my baby be like?

From birth your child will need the same care as any other baby. They will eat, sleep, cry and need the same love as all new-born babies do. As your baby develops you may begin to notice that they take longer to achieve some milestones. Typically, children with Down syndrome need longer to achieve developmental milestones such as speech and mobility, that is where we can help. Our Education Officers are experienced in teaching young people with Down syndrome and can work with your child to help them achieve their milestones.

Should I be doing anything special or different with my baby?

You do not need to be or do anything different than you would with any other baby. Enjoy and get to know your baby, have fun talking to them and introducing them to the world.

Who are Foyle Down Syndrome Trust?

Foyle Down Syndrome Trust was established in 1995 by local parents in order to create an environment which would encourage and enable children with Down syndrome to live full, independent and productive lives.

Our organisation co-ordinates and facilitates educational, music therapy and social programmes for young people from birth to adulthood. In order to ensure that all programmes are delivered in a structured and safe environment, all activities are developed and delivered by suitably qualified staff and additional support is provided by a number of dedicated support staff and volunteers.



Our Services for 0 - 3 year olds

When you wish to make initial contact with Foyle Down Syndrome Trust you will be very welcome to call at our office or arrange to meet with our manager and staff. Our Educational Development Officers will introduce you to the Trust and will ensure that you are able to benefit from all the support which is available for both you and your child.

Education Development Project

Our Education Development Project is available to all children with Down syndrome, within the Foyle area. The Education Development Officers provide support through weekly one to one home based lessons which aim to encourage language, communication, personal development and social awareness. As your child gets older, our staff can also offer literacy and numeracy support working closely with schools to enhance the learning which takes place within the classroom environment.



Social and Personal Development Project

Foyle Down Syndrome Trust currently offer a weekly social programme for babies 0-3 years of age. This project offers opportunities to participate in programmes such as Jo Jingles, Baby Yoga, Baby Massage and Music Therapy.

Our Music Therapy Project is available to all children from 0-18 years old. We offer a weekly, needs led programme which can be delivered on a one to one or group basis. Music Therapy enables children to explore and develop skills such as communication both verbal and non verbal, it enhances their fine and gross motor skills and increases their social awareness through music.





Sensory Room

At Foyle Down Syndrome Trust we have also recently opened our new sensory room which is fully equipped to provide a relaxing, multisensory environment for young people. These facilities are available to all children associated with the Trust and you are very welcome to use these facilities.

Parent Group

Our parent support group meets on a regular basis to offer parents the opportunity to meet together and provide support to each other through shared experiences.



Workshops

We regularly hold workshops based on topics which are beneficial to parents, carers and professionals, for example Podiatry, Numicon, Makaton and Vision.

Further information about Down syndrome

What is Down syndrome?

The term Down syndrome was introduced in the 1970's after Dr. John Langdon Down who dedicated much of his work to children with disabilities. The condition can also be known to as Trisomy 21 referring to the 21st chromosome which is present in the DNA of people with Down syndrome. These are terms for a condition which your child has, it is not something he or she is.

Like all children, young people with Down syndrome develop new skills at different rates. There are individual differences in the development of all children and there is no way to predict your child's future strengths or weaknesses (The Down Syndrome Research Foundation, 2011).





National Statistics



- An estimated 60,000 people in the UK have Down Syndrome.
- About 700 babies are born with Down Syndrome in the UK yearly.
- Approximately 1 in 1000 babies are born with Down Syndrome.
- 80% of babies with Down Syndrome are born to women under 40.





Quotes from our Parents





 The world is a better place with our happy little boy in it, we love him so much. 

 Having my son has been life changing but all for the better. 

 Our daughter lights up our lives. She has made me a more understanding, patient and good mummy. 

 My son teaches me something new every day. My son enriches our family's lives." 

 You may face challenges along the way but never forget that there is plenty of help and support available. 

**Foyle
Down
Syndrome
Trust**

If you would like more detailed information on Foyle Down Syndrome Trust and its activities, please contact us at our office, visit our website or telephone us.

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