

All About Me!





We are pleased to share our All About Me booklet with you. This booklet contains a lot of information about our daughter, _____ , and our family. We hope this information will help you get to know our daughter and some of her interests, strengths, and communication skills.

We have high expectations for our child, just as other parents do for their children. We expect her to follow school rules, perform to the best of her ability, and be a contributing member of the general education classroom – just like her peers are expected to. We know that committed teachers equipped with strong resources and positive peer role models will help our daughter be successful.

We look forward to the coming year and hope you find this booklet full of useful information. If you have any questions, please call us or email us. You will find all our contact information on the 'Here is My Family' page. We look forward to working with you this year.

Please let us know how we can help make this a great school year!

Sincerely,

Here is My Family

My name is:

My Mom's name is:

My Dad's name is:

I have _____ Brother(s). Their name(s) are:

I have _____ Sister(s). Their name(s) are:

We have _____ Pet(s). Their name(s) are:

Other family or friends I want you to know about:

The best ways to contact my family are:

Home Phone:

Mom:

Work:

Cell:

Email:

Dad:

Work:

Cell:

Email:

Other Number(s):

Special Notes about contact info:

Interesting Facts About Me

“Be yourself. Everyone else is already taken.” – Oscar Wilde

My MOST favorite activity is probably:

My favorite color is:

My favorite food is:

My favorite hobby/activities are:

At least THREE things that really motivate me are:

Something random, interesting, and fun about me:

When I grow up, I might want to:

Health Considerations

"I don't have an extra chromosome. You are missing one."

Surgeries:

Current Medication(s):

I wear glasses:

Yes

No

I wear hearing aids:

Yes

No

Other things that might be helpful to know about my health:

When I'm not feeling well, I might:

My Feelings

"True friends don't count chromosomes."

Things that make me feel happy:

How I will show you I'm happy:

Things that might upset me or I might be afraid of:

Ways to help me avoid getting upset or afraid:

The best way to console me and help me calm down:

How I Communicate

"I'm not telling you it's going to be easy. I'm telling you it's going to be worth it." – Art Williams

Things it may help you to know about how I communicate:

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If I'm frustrated, I might:

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Situations when it is easiest for me to communicate:

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Situations when I might struggle to communicate:

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Ways you can help me communicate:

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Look What I Can Do!

“The greatest pleasure in life is doing what people say you cannot do.” – Walter Bagehot

Something(s) surprising that I’m REALLY good at:

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Some things I’m generally a rockstar at:

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Things I love to do for and by myself:

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Things I love to do with other people:

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Things I can do with a little bit of help:

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My Favorite Places

“Having Down syndrome is like taking the scenic route. You still get where you are going.
It may take a little bit longer, but it is well worth the trip!”

My favorite place/things I do regularly with my family:

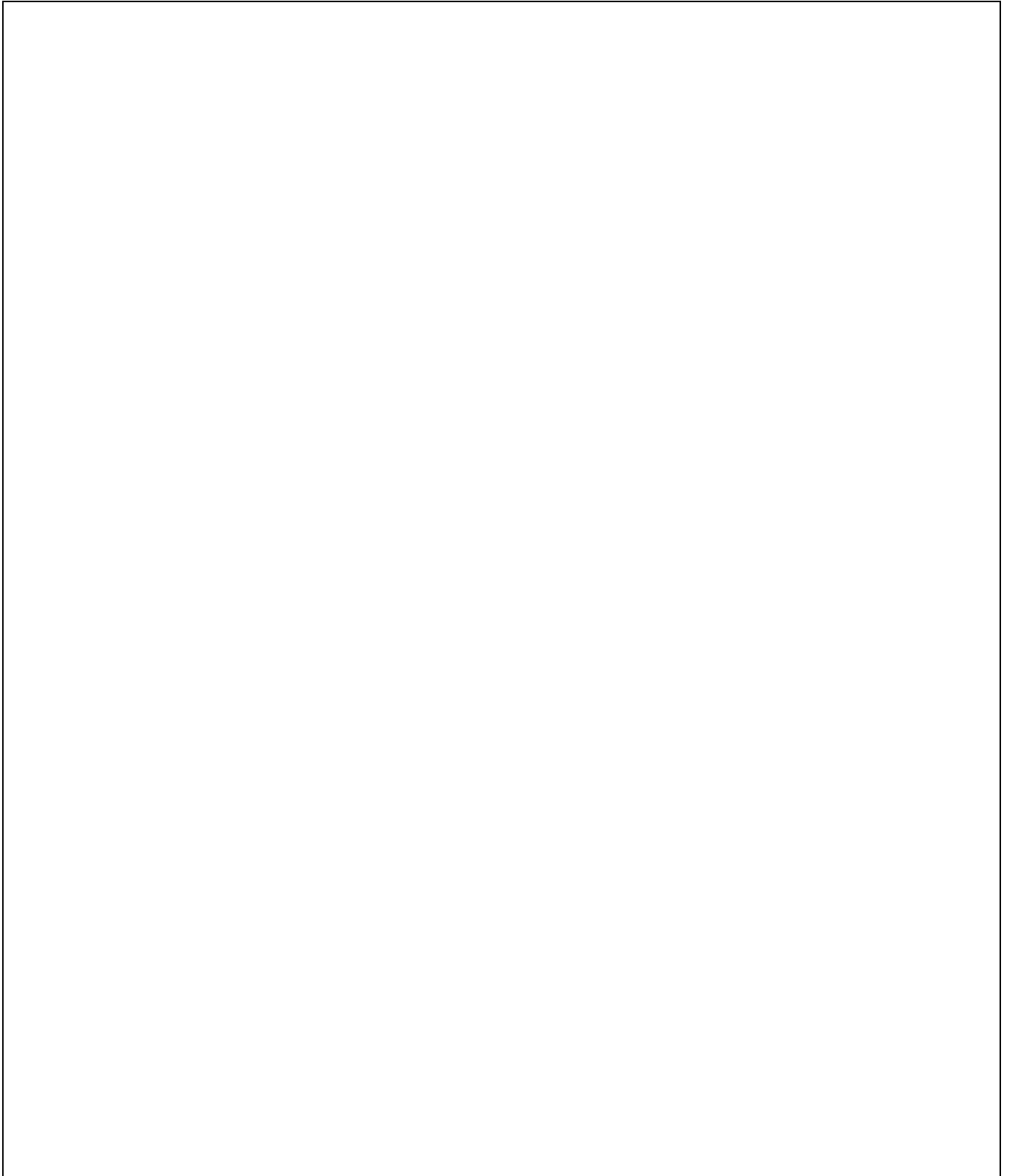
My favorite places to visit in our community:

My favorite places to play with friends:

My favorite family vacation:

Somewhere I've been that's really unique/unusual:

Pictures of ME!



Myths & Truth About Down syndrome

MYTH: Down syndrome is a rare disorder.

TRUTH: Down syndrome is the most commonly occurring genetic condition. One in every 691 babies in the United States is born with Down syndrome, or approximately 6,000 births per year. Today, there are more than 400,000 people with Down syndrome living in the United States.

MYTH: People with Down syndrome have a short life span.

TRUTH: Life expectancy for individuals with Down syndrome has increased dramatically in recent years, with the average life expectancy approaching that of peers without Down syndrome.

MYTH: Most children with Down syndrome are born to older parents.

TRUTH: Most children with Down syndrome are born to women younger than 35 years old simply because younger women have more children. However, the incidence of births of children with Down syndrome increases with the age of the mother.

MYTH: People with Down syndrome have severe cognitive delays.

TRUTH: Most people with Down syndrome have cognitive delays that are mild to moderate. Children with Down syndrome fully participate in public and private educational programs. Educators and researchers are still discovering the full educational potential of people with Down syndrome.

MYTH: Children with Down syndrome must be placed in segregated special education programs.

TRUTH: Children with Down syndrome have been included in regular academic classrooms in schools across the country. In some instances they are integrated into specific courses, while in other situations students are fully included in the regular classroom for all subjects. The current trend in education is for full inclusion in the social and educational life of the community. Increasingly, individuals with Down syndrome graduate from high school with regular diplomas, participate in post-secondary academic and college experiences and, in some cases, receive college degrees.

MYTH: People with Down syndrome are always happy.

TRUTH: People with Down syndrome have feelings just like everyone else in the population. They experience the full range of emotions. They respond to positive expressions of friendship and they are hurt and upset by inconsiderate behavior.

MYTH: Adults with Down syndrome are unemployable.

TRUTH: Businesses are seeking adults with Down syndrome for a variety of positions. They are being employed in small- and medium-sized offices: by banks, corporations, nursing homes, hotels and restaurants. They work in the music and entertainment industry, in clerical positions, childcare, the sports field and in the computer industry to name a few.