

## Recommended reading...

(available through our lending library)

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Babies with Down syndrome, A new Parent's Guide, edited by Susan J Skallerup 3rd ed.

Common Threads, Celebrating Life with Down syndrome by Cynthia Kidder and Brian Skotko

Changed by a Child, Companion Notes for Parents of a Child with a Disability, by Barbara Gill

Uncommon Fathers, Reflections on Raising a Child with a Disability, edited by Donald J. Meyer

Our Brother Has Down syndrome, An Introduction for Children, by Shelly Cairo

Medical and Surgical Care for Children with Down syndrome, A Guide for Parents edited by D. C. Van Dyke, M.D., Phillip Mattheis, M.D., Susan Schoon Eberly, M. A., and Janet Williams, R.N., Ph. D.

Teaching the Infant with Down syndrome, A Guide for Parents and Professionals by Marci J. Hanson

Gross Motor Skills in Children with Down syndrome, A Guide for Parents and Professionals by Patricia C. Winders, P.T.

Fine Motor Skills in Children with Down syndrome, A Guide for Parents and Professionals by Marci Bruni, Bsc OT©

Communication Skills in Children with Down syndrome, A Guide for Parents by Libby Kumin, Ph.D., CCC-SLP

Teaching Reading to Children with Down syndrome, A Guide for Parents and Teachers by Patricia Logan Oelwein

Down Syndrome Living and Learning in the Community, edited by Lynn Nadel and Donna Rosenthal

Adolescents with Down syndrome, Toward a More Fulfilling Life by Siegfried M. Pueschel and Maria Sus-trova

Count Us In, Growing Up With Down syndrome by Jason Kingsley and Mitchell Levitz

A Special Kind of Hero, by Chris Burke and Jo Beth McDaniel

Life As We Know It, A father, A family, and an exceptional child, by Michael Berube

Views From Our Shoes, Growing Up with a Brother or Sister with Special Needs, edited by Donald Meyer

(List to be revised soon with updated references)



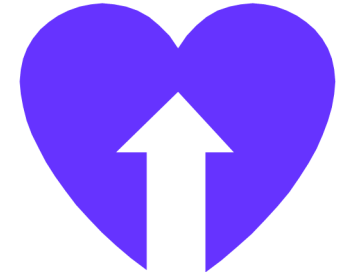
Seth, age 4 months

Down Syndrome Support Group of  
Kitsap County  
And Surrounding Areas

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The U.P.S.I.D.E.



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► Understanding Potential  
Providing Support  
Serving as Advocates  
Improving Opportunities  
Developing Community  
Ensuring Success

“ As the mother of a child with Down syndrome, I have been astonished at every possible juncture at the discrepancy between the commonly held predictions for my son and his actual accomplishments.”

Cynthia Kidder

Common Threads

## Our Mission is....

To enhance the quality of life for all individuals with Down syndrome by providing resources and support to those individuals, their families and friends, the professionals serving them and our communities supporting them.



Jacob  
age 4

## Services we provide...

- \*newborn/ family info packet
- \*lending library
- \*home/ hospital visits with support
- \*social events
- \*meetings with information/speakers
- \*networking with other groups
- \*national conference information
- \*local referrals

## Facts about Down syndrome ...

- The exact cause of the chromosomal rearrangement and primary prevention of Down syndrome are currently unknown.
- Down syndrome is not related to race, nationality, or socio-economic status.
- In the United States, approximately 1/4 million families are affected by Down syndrome. Approximately 6,000 children with Down syndrome are born each year. That is about 1 in every 700 live births.
- The likelihood of giving birth to a child with Down syndrome increases with maternal age; however, 80% of babies with Down syndrome are born to women under 35 years of age, as women in that age group give birth to more babies overall.
- 30-50% of individuals born with Down syndrome have heart defects and 8-12 % have gastrointestinal tract abnormalities present at birth. Most of these defects are now correctable by surgery.
- Parental love, nurturing, and support, as well as early intervention programs, educational opportunities, appropriate medical care, and community involvement, have a direct relationship to the degree that a person with Down syndrome is able to achieve his or her potential.
- There is a wide variation in mental abilities, behavior, and physical development in individuals with Down syndrome. Each individual has his or her own unique personality, capabilities and talents.
- In adulthood, many persons with Down syndrome hold jobs, live independently, work and enjoy recreational opportunities in their communities.

...Excerpt from the National Down Syndrome Society web site: [www.ndss.org](http://www.ndss.org)

Please see the "Additional Information" websites for more resources related to your family or professional needs!



[The UPSIDE is a subgroup of:](#)  
**Down Syndrome Community of Puget Sound:** [www.dscpugetsound.org](http://www.dscpugetsound.org)

[The UPSIDE, networking/support group](#)  
**Meets Monthly: On Zoom**  
**(In person mtgs "on hold" due to COVID)**  
Central Kitsap Pres. Church,  
9300 Nels Nelson Rd, Bremerton  
**Email:** [upsidepnw@gmail.com](mailto:upsidepnw@gmail.com)  
**Facebook:** UPSIDE Down syndrome group of Kitsap County  
**Julie Smoley** (360) 434-8729  
[julesbsn@mac.com](mailto:julesbsn@mac.com)  
**Sharon Dommermuth** (360) 308-0187  
[theupside@comcast.net](mailto:theupside@comcast.net)

[Early Intervention:](#)  
**Holly Ridge Center** (360) 373-2536  
Birth to age 3, [www.hollyridge.org/](http://www.hollyridge.org/)

[Down syndrome Clinic, Virginia Mason, Issaquah:](#)  
**Dr. Rebecca Partridge** 425-557-8000  
**Website:** [www.virginiamason.org/Down-Syndrome](http://www.virginiamason.org/Down-Syndrome)

[Additional Information:](#)  
**National Down Syndrome Congress:**  
(800) 232-6372, [www.ndsccenter.org](http://www.ndsccenter.org)  
**National Down Syndrome Society:**  
(800) 221-4602, [www.ndss.org](http://www.ndss.org)  
**National Association for Down Syndrome :**  
(630) 325-9112, [www.nads.org](http://www.nads.org)  
[New and Expectant Parent Resources:](#)  
**Down Syndrome Diagnosis Network:**  
[dsdiagnosisnetwork.org](http://dsdiagnosisnetwork.org)  
**Lettercase-The National Center for Prenatal and Postnatal Resources:**  
[lettercase.org](http://lettercase.org)