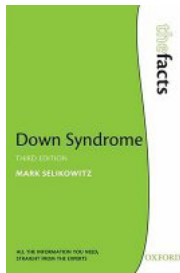




DSAQ Recommended Resources

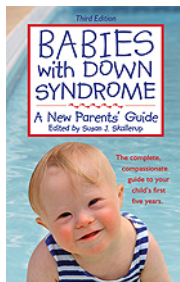
The following resources are recommended for services and organisations working with people with Down syndrome and their families. For more information about these, or any other resources about Down syndrome, please contact the DSAQ Information and Support Coordinator on (07) 3356 6655 or at info@dsaq.org.au



Down Syndrome - The Facts 3rd Edition

Mark Selikowitz

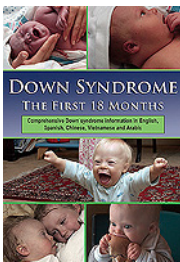
A great resource that covers a little bit of everything relating to Down syndrome. A good first stop for new parents and those with limited knowledge of Down syndrome as it starts with the basics. It also includes more specific information for those with prior knowledge.



Babies with Down Syndrome - A New Parents' Guide 3rd Edition

Ed. Susan J. Skallerup

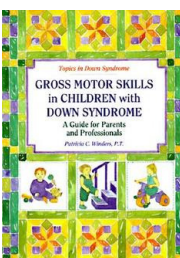
Recommended for all new parents. This book is another all-rounder with a focus on the early years. Lots of information about the experiences of new parents in terms of adjustment and emotions.



DVD - Down Syndrome - The First 18 Months

Will Schermerhorn

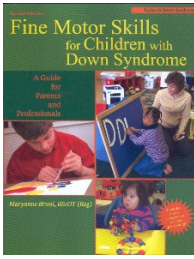
This DVD covers similar content to the 'all-rounder' books however the DVD format can often be a more accessible option for busy new parents as they can watch it a section at a time during baby's feeds for example. It has a great introduction with parents talking about their experience of finding out that their baby has Down syndrome.



Gross Motor Skills in Children with Down Syndrome

Patricia C. Winders

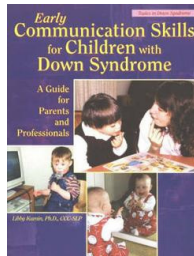
Written by a physiotherapist, this book contains information about gross motor development in children with Down syndrome. It also includes lots of practical information including activities and exercises.



Fine Motor Skills for Children with Down Syndrome

Maryanne Bruni

Written by an occupational therapist, this book contains information about the development of fine motor control in children with Down syndrome. It also includes instructions for lots of activities that can be done at home or school.



Early Communication Skills for Children with Down Syndrome

Libby Kumin

Covers speech and communication from birth through to the 3-word phrase stage. This book contains information and research, checklists and activities.



Helping Children with Down Syndrome Communicate Better

Libby Kumin

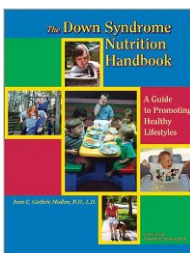
Covers speech and communication from ages 6 to 14 years. This contains information and research, evaluation forms and strategies.



Fasten Your Seatbelt

Brian Chicoine

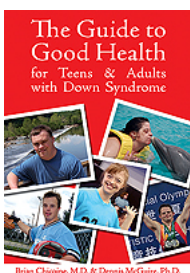
This book is 'a crash course on Down syndrome for brother and sisters'. It's written in very child/teen-friendly language and is set in the format of question and answer. It's also recommended for parents as a way of equipping themselves with the answers to questions siblings may ask.



The Down Syndrome Nutrition Handbook

Joan E. Guthrie Medlen

This book covers all aspects of nutrition and well-being for people with Down syndrome from birth through to adulthood. It's author is a dietician and parent of a child with Down syndrome.



The Guide to Good Health For Teens and Adults with Down Syndrome

Brian Chicoine, M.D. & Dennis McGuire Ph.D.

This book covers the medical issues that are more common in teens and adults with Down syndrome. There is a focus on good health and well-being and medical information is presented in an clear manner.