

# Lots of Socks



Down Syndrome  
New South Wales

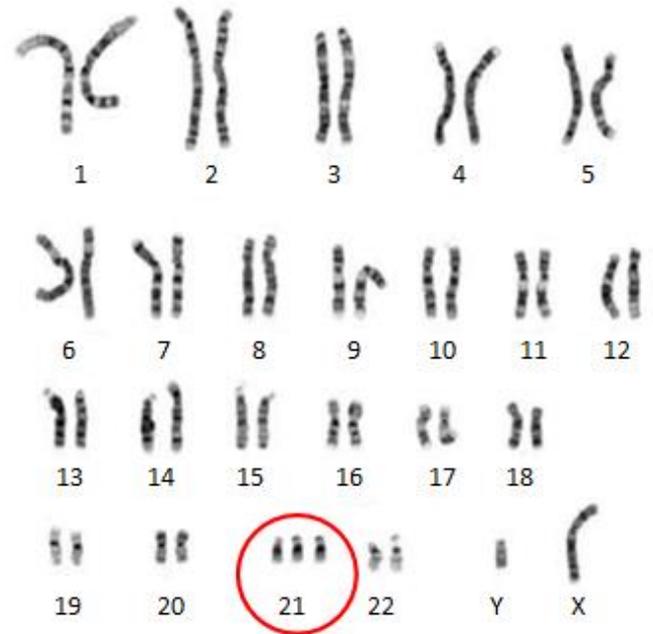
# Why are we doing Lots of Socks?

- A Lots of Socks day helps to teach people about Down syndrome.
- It helps raise money for Down Syndrome NSW. This goes to provide support for families and their children who have Down syndrome.

# What is Down syndrome?

Our bodies are made up of millions of tiny little cells. These give us things like our hair colour, eye colour and how tall we will grow.

Inside each cell is something called a chromosome. Most people have 46 chromosomes in each cell, 13 sets of 2. A person with Down syndrome instead has 47 chromosomes in each cell. The 21<sup>st</sup> chromosome has 3 parts instead of 2.

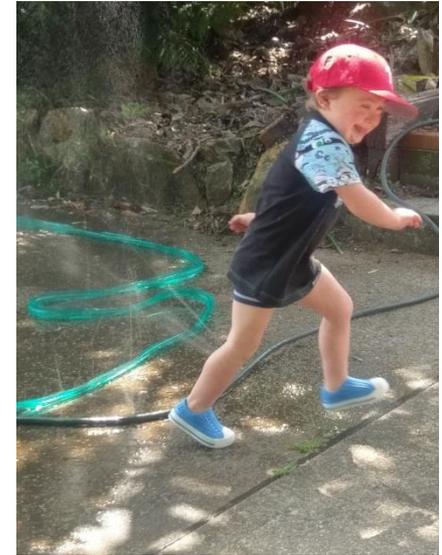


# How does Down syndrome make someone different?

**Someone with Down syndrome might look a bit different to other people. They have different shaped eyes, sometimes a flatter nose and their muscles aren't always as strong.**

**Your tongue is a large muscle in your body. Sometimes someone with Down syndrome might stick their tongue out a bit because it is tricky to always work the muscle to make it stay in.**

**A baby with Down syndrome might take longer to walk and talk until their muscles get stronger.**



**This is Taitem. He didn't walk until he was nearly 2. He is now 5 and runs everywhere. Climbs climbing walls, rides bikes and is learning new words everyday. We also teach him sign language so he can tell us what he wants.**

# What can people with Down syndrome do?

It might take someone who has Down syndrome a bit longer to learn some things. Just like your friend might run faster or be better at maths than you. With practise they can learn anything they set their mind to.

People who have Down syndrome are Olympic Champions. They own restaurants or their own businesses. They are actors and models.



<https://www.youtube.com/watch?v=i4AZRB3Jc-I>

# What do I say to someone with Down syndrome?

- **Say hi.**
- **Ask their name.**
- **Treat them with the same respect and manners you would with anyone else you know.**
- **Remember their name first and that they are not just “That person with Down syndrome”.**

**No two people are the same as each other. No one moves, talks, looks or learns the same. Everyone is different and that is what makes people wonderful.**

**If you take the time to be nice to that person that others may think is different, you might just be the lucky one to make an amazing friend others miss out on.**

presents  
**DOWN SYNDROME**

<https://www.youtube.com/watch?v=5M--xOyGUX4>

# Why raise money for Down Syndrome NSW?

**When parents find out their baby is going to be born, or has been born with Down syndrome it is a bit scary. They don't know what to expect. A 'Lots of Socks' Day helps to raise money for Down Syndrome NSW who helps support these families. It will help them organise events for many families with children as well as adults with Down syndrome to meet and make new friends.**

# Follow these links .....

What do you know about  
Down syndrome.....

<https://www.youtube.com/watch?v=9FSq6YngOUA>



<https://www.youtube.com/watch?v=xQ0TLG3clsU>

## With Just 1 Tiny Connection

ONE EXTRA CHROMOSOME

[https://www.youtube.com/watch?v=Biex1XR\\_mpo](https://www.youtube.com/watch?v=Biex1XR_mpo)



# Just for fun

Some families with children who have Down syndrome teach their children sign language to help them communicate as their mouth muscles strengthen.

For fun try learn some of these simple songs in Australian Sign.



## Sing A Rainbow



<https://www.youtube.com/watch?v=8bkqNWEHa64>

<https://www.youtube.com/watch?v=g5m3TLBmeuc>

<https://www.youtube.com/watch?v=kEVHFUVZIE>



<https://www.youtube.com/watch?v=jkVS8mRCsxw>





**Thankyou for your support.**

If you think you might have any questions  
about Down Syndrome you can email us at :  
[info@dsansw.org.au](mailto:info@dsansw.org.au)