



Down Syndrome Awareness Book Recommendations For Children

[Unbound: The Life and Art of Judith Scott](#), by Joyce Scott, Brie Spangler and Melissa Sweet

Judith Scott was born with Down syndrome. She was deaf, and never learned to speak. She was also a talented artist. Judith was institutionalized until her sister Joyce reunited with her and enrolled her in an art class. Judith went on to become an artist of renown with her work displayed in museums and galleries around the world.

[Wil Can Fly](#), by Alan Lawrence

Fly into a heartwarming story with Wil and his family as they discover the incredible magic of love, support, and the joy of having a brother with Down syndrome! Join in the fun as Wil discovers his extra ability of flight and his family unites in heartwarming moments that will take you on a soaring journey.

[Anoushka's Extraordinary Heroes](#), by Ebbe Bassey

Step into a world of boundless imagination, where superheroes come in all shapes, sizes, and abilities. "Anoushka's Extraordinary Heroes" is a heartwarming and inspiring children's book that introduces young readers to the remarkable Anoushka, a spunky five-year-old with Down syndrome who has a deep passion for superheroes.

[SuperCaptainBraveMan, Down on Safari](#), by Paul Norman and Leah Lodevico

Kyle is a boy like any other boy his age, only he has a rare condition that hinders his day-to-day physical abilities. It is when Kyle dreams that he transforms into his alter ego, SuperCaptainBraveMan! In Book 4: Down on Safari!, SuperCaptainBraveMan helps a girl with Down syndrome find her brother.

[You Are Enough](#), by Margaret O'Hair

This inclusive and empowering picture book from Sofia Sanchez reminds readers how important it is to embrace your differences, to be confident, and to be proud of who you are. Imagine all of the wonderful things you can do if you don't let anyone stop you! You are enough just as you are.

[Zee Zee Does It Anyway!](#), by Vona B. Shodja

Zee Zee Does It Anyway is a fantastic introductory book on Down syndrome for children. It perfectly illustrates the wonderful quote by Carl Jung, "I am not what happened to me. I am what I choose to become." I love the positivity and can-do attitude that permeates this lovely book. Thanks, Zee Zee!

[1% Better: The Chris Nikic Story](#), Chris Nikic and Todd Civin

Chris Nikic is an American amateur triathlete. In 2020, at age 21, he became the first person with Down syndrome to finish an Ironman triathlon. Chris completed the Ironman Florida triathlon in 16 hours 46 minutes 9 seconds, swimming 2.4 miles, cycling 112 miles, and then running a (26.2-mile) marathon. This earned him recognition from Guinness World Records. His time was 14 minutes faster than the cut-off time for qualification. He is also training for the 2022 Special Olympics USA Games. Chris trained with Dan Grieb, who has completed 16 Ironman races, for four to eight hours each day for around one year. He began exercising in 2017 with a single pushup and aimed to improve his performance 1% each day. "I have to work hard and give my best every day. If I do an Ironman and become a pro-speaker I will have a chance to get my dream."



[Different. A Great Thing to Be!](#) by Heather Avis

Macy is a girl who's a lot like you and me, but she's also quite different, which is a great thing to be. With kindness, grace, and bravery, Macy finds her place in the world, bringing beauty and laughter wherever she goes and leading others to find delight in the unique design of every person.

[The ABCs of Inclusion: A Disability Inclusion Book for Kids](#), Beth Leipholtz

In this picture book about disabilities, meet 26 real kiddos with diagnoses like autism, hearing loss, epilepsy, and Down syndrome. It teaches young readers that it's okay to be different—in fact, it's what makes us special! Based on real children with real disabilities, this inclusion book for kids teaches children that our differences aren't a scary thing.

[We'll Paint The Octopus Red](#), Stephanie Stuve-Bodeen

Emma and her father discuss what they will do when the new baby arrives, but they adjust their expectations when he is born with Down syndrome.

[More Alike Than Different: A Down Syndrome Awareness Tale](#), Gail Hamblin M.Ed

“A must read for all children experiencing the feeling of being different from others; specifically those with Down Syndrome.” Arthur tackles the world of the playground. As he meets others along his journey, he is forced to contemplate social issues. He must use self reflection to choose his path of action.

[47 Strings. Tessa's Special Code](#), Becky Carey

A children's picture book about the remarkable lessons to be learned from a little girl named Tessa, who was born with Down syndrome. 47 Strings is a beautifully illustrated book for children of all ages.



Down Syndrome Awareness Book Recommendations For Preteens and Teens

[Riley's Winning Catch](#), by Doug Coates

Riley is a typical thirteen-year-old girl. She loves reading, singing, and sports, but her favorite thing in the world is softball. She loves everything about softball, from watching games on TV to dreaming of being on the local girls' recreational team. But Riley has never played softball. The closest she's gotten is catching a tennis ball with her dad once in a while.

[Nonverbal](#), Peggy Moffit Earnest

Fifteen-year-old Jake Prescott may not be able to talk, but nobody would ever call him quiet! Jake is a non-speaking high school freshman with Down syndrome who uses music to coax his words out. His older sister, Emily, is often embarrassed by his antics and especially by having to help him sing his words.....even in public. When the family is forced out of their home at the beginning of her senior year, Emily has to become Jake's personal chauffeur and babysitter. But the year will turn out to be different than they both imagined. Before the first bell of the new school year rings, they meet a strange new student who wants to have nothing to do with either of them. But she captures Jake's attention from their very first meeting. With his intense curiosity and his gift of extreme persistence, Jake gradually begins to unravel the mystery of her odd behavior and changes the course of the rest of the school year for everyone. As Jake gradually transforms the new girl's attitude, Emily finally begins to see the magic that lives in him.

[1% Better: Reaching My Full Potential and How You Can Too](#), Chris Nikic & Nik Nikic

What would life look like if you measured your success by improvements instead of victories? Nik Nikic shares the incredible story of his son Chris's journey to become the first person with Down syndrome to ever complete an IRONMAN® triathlon, inspiring others to achieve their goals by getting 1 percent better every day.



Down Syndrome Awareness Book Recommendations For Adults

[Fully Included Stories to Inspire Inclusion](#), Michelle Tetschner & Stacy Tetschner

Inclusion is about belonging. We all just want to belong-in our schools, and in our communities. Children with Down syndrome or other learning abilities are the same-they just want to be loved, have friends and a place to belong. We have gathered inspiring stories from families, teachers, educators and even principles who believe in our children. They understand that all children have strengths and talents and that everyone is capable of learning.

[1% Better: Reaching My Full Potential and How You Can Too](#), Chris Nikic & Nik Nikic

What would life look like if you measured your success by improvements instead of victories? Nik Nikic shares the incredible story of his son Chris's journey to become the first person with Down syndrome to ever complete an IRONMAN® triathlon, inspiring others to achieve their goals by getting 1 percent better every day.

[Nonverbal](#), Peggy Moffit Earnest

Fifteen-year-old Jake Prescott may not be able to talk, but nobody would ever call him quiet! Jake is a non-speaking high school freshman with Down syndrome who uses music to coax his words out. His older sister, Emily, is often embarrassed by his antics and especially by having to help him sing his words.....even in public. When the family is forced out of their home at the beginning of her senior year, Emily has to become Jake's personal chauffeur and babysitter. But the year will turn out to be different than they both imagined. Before the first bell of the new school year rings, they meet a strange new student who wants to have nothing to do with either of them. But she captures Jake's attention from their very first meeting. With his intense curiosity and his gift of extreme persistence, Jake gradually begins to unravel the mystery of her odd behavior and changes the course of the rest of the school year for everyone. As Jake gradually transforms the new girl's attitude, Emily finally begins to see the magic that lives in him.

[Supporting Positive Behavior in Children and Teens with Down Syndrome, Revised Edition: The Respond But Don't React Method](#), Dr. David Stein Psy.D

This is the revised edition of the acclaimed 2016 book by Dr. David Stein which has become the go-to guide for understanding behavior and Down syndrome. In this revised edition, the reader will learn that behavior issues are incredibly common in individuals with Down syndrome. If left unaddressed, these same challenges can continue into adulthood and limit the ability to live and work independently. This book guides readers through the unique ways in which the brains of people with Down syndrome develop, how that impacts behavior, and how to intervene. The book provides step-by-step directions for behavior management in an easy-to-read format with many examples.



Down Syndrome Awareness Video Recommendations

[World Down Syndrome Video For Kids](#) - A video for World Down Syndrome Day made for kids to teach about what Down syndrome is and how to be friends and be inclusive with someone with a disability. This video is made for the kid audience to be shared at schools and more to raise awareness. 4 minutes 19 seconds

[Down Syndrome Answers](#) - The best people to answer questions about Down syndrome are people with Down syndrome. We found the most-asked questions on Google and asked 10 Canadians with Down syndrome to give their answers. This can be used interactively within a classroom by asking the question and then playing the answers. There are 35 Questions and each Answer ranges from 15 seconds to 1 minute.

[What is Down Syndrome – Be a Good Friend](#) - A cartoon for younger grade levels. 1 minute 9 seconds

[Different - A Great Thing To Be](#) - Miami Children's Museum celebrates the achievements of individuals who have Down syndrome while raising awareness and education to promote a more inclusive society. A children's book is read by individuals with Down syndrome and their families. 6 minutes 23 seconds

[My Friend Isabelle](#) - Created as part of the NDSS educational program Everyone Counts: Teaching Acceptance and Inclusion, is an animated story based on a children's book by Eliza Woloson originally published by Woodbine House. Viewers meet Isabelle, who has Down syndrome, and her friend Charlie. They learn that differences make life interesting and friends don't have to be exactly the same. (2005). 3 minutes 59 seconds

[Down Syndrome 101](#) - An easy-to-follow video explaining the basics of Down syndrome. This educational video is perfect for new and expectant parents, and also great for use in school classrooms. 5 minutes 16 seconds

[Kids Meet a Woman with Down Syndrome](#) - Kids interview a woman with Down syndrome. 5 minutes 58 seconds

[More Alike Than Different](#) - Interviews people with Down syndrome, friends, family and teachers. 8 minutes 17 seconds

[More Alike Than Different - March 21 World Down Syndrome Day](#) - Interviewing children with and without Down syndrome. 2 minutes 37 seconds

[Just Like You](#) - Elyssa, Rachel and Sam share personal stories to help viewers better understand their condition and why they wish to be treated just like you. 13 minutes 37 seconds