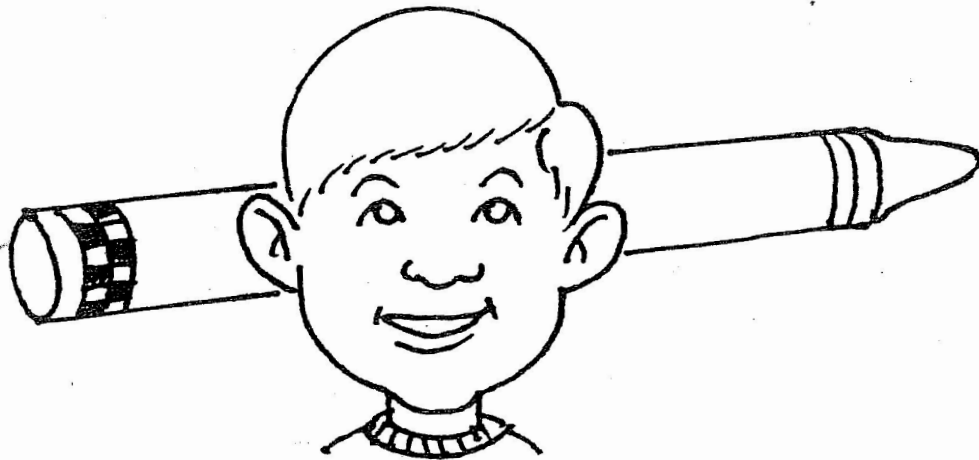


# What You Should Know About Down Syndrome

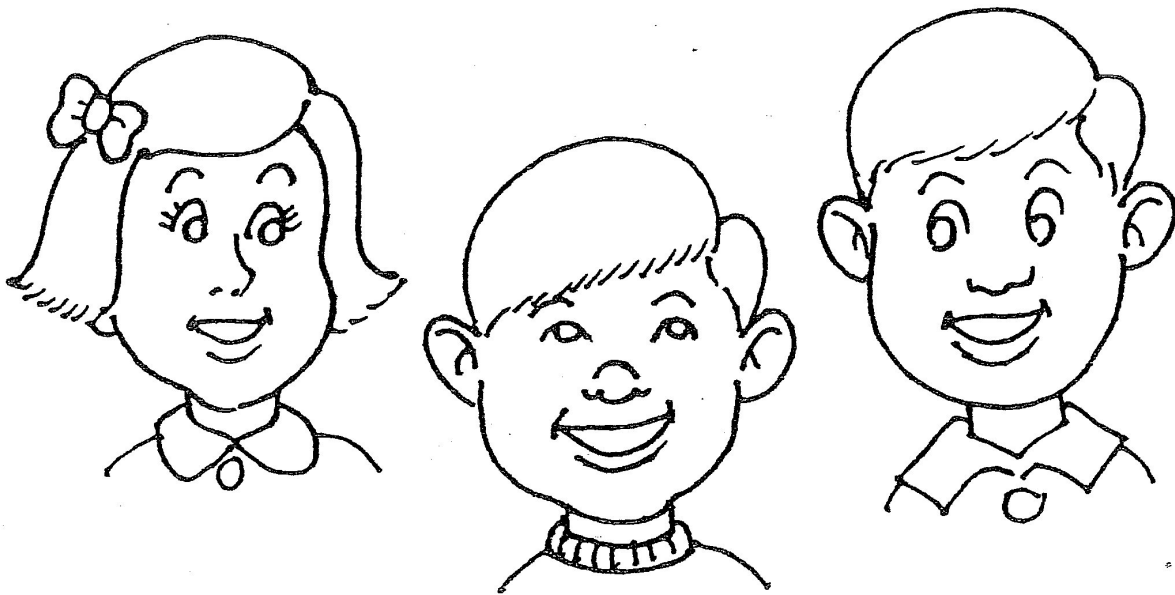


A book for crayons  
and you!

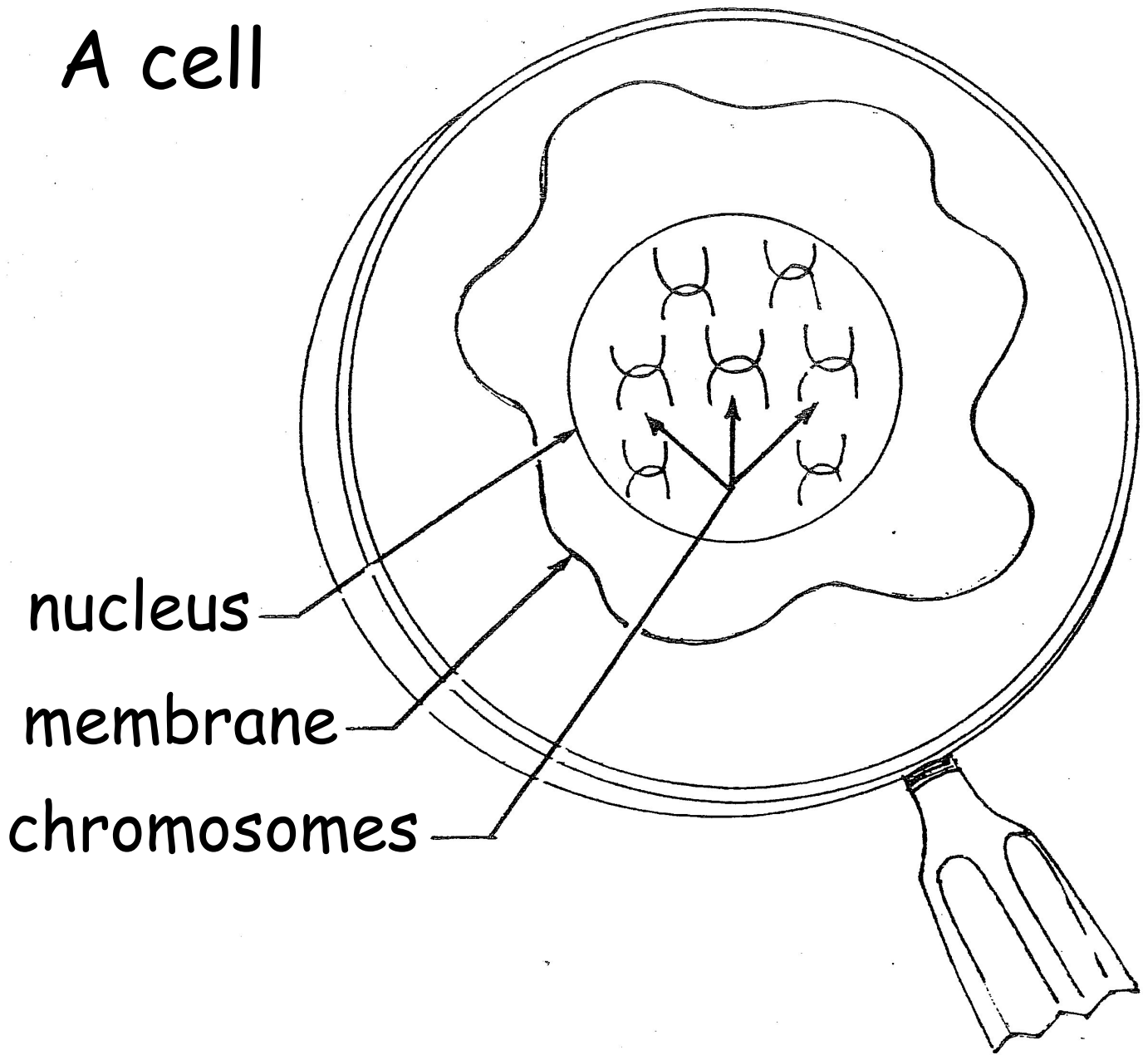
By: Amanda L. Bell, Birmingham, Alabama  
Illustrated by: Dani D. Aguila, Nashville, Tennessee

## Introduction:

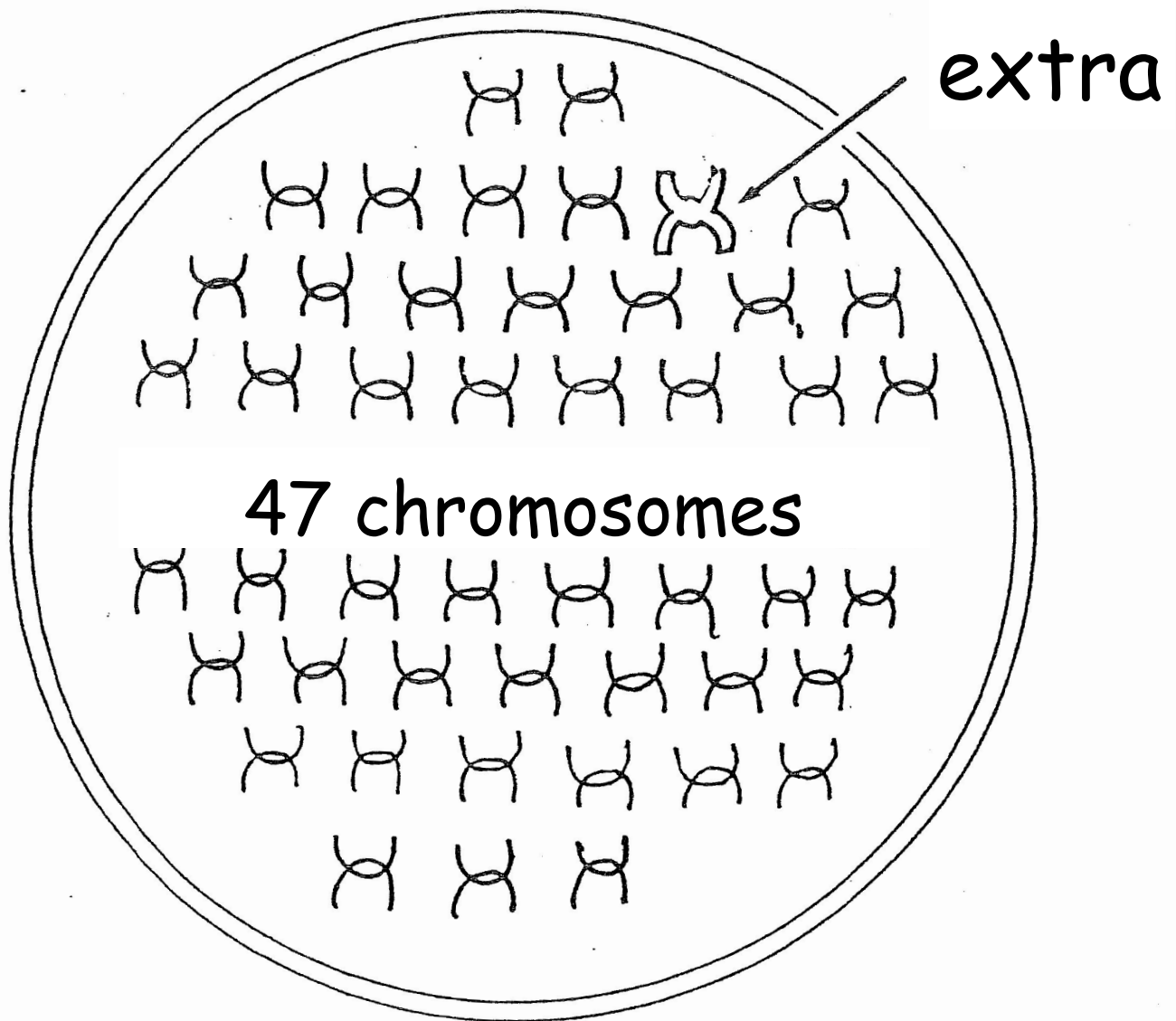
My name is Amanda. I have a brother named Sadler. He has Down syndrome. I also have a brother named Sellers. I am eleven, Sellers is five, and Sadler is three years old. This is a book to help children understand Down syndrome and have fun at the same time.



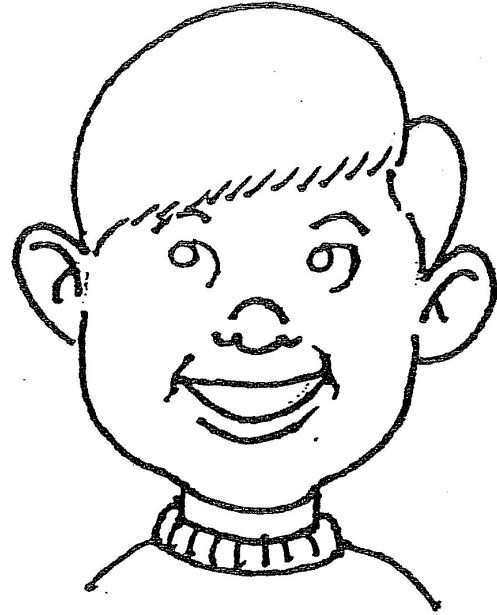
# A cell



Everyone in the world is made of tiny units called cells.

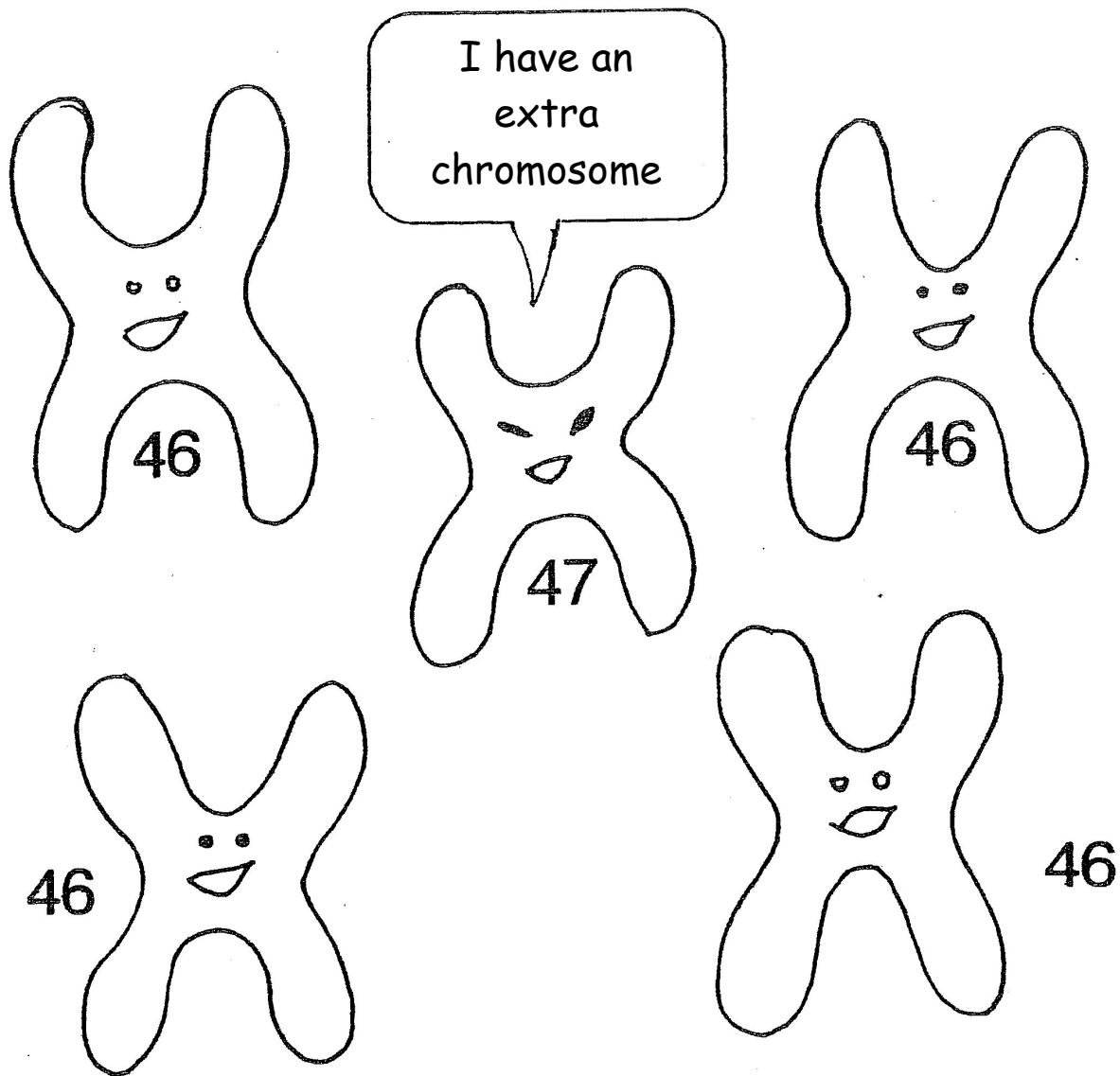


In each cell there are chromosomes—usually 46, but a person with Down syndrome has 47.

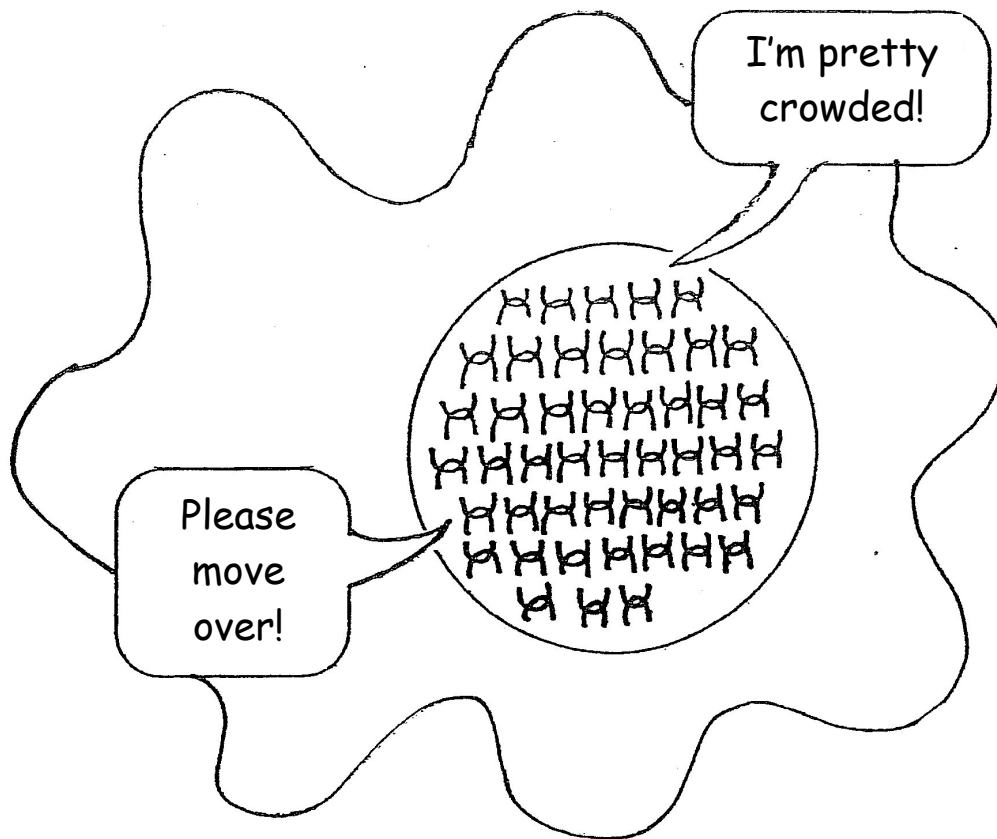


Chromosomes are what gave me brown hair and hazel eyes. They are what make me a girl. You might be a boy and have blue eyes and red hair.

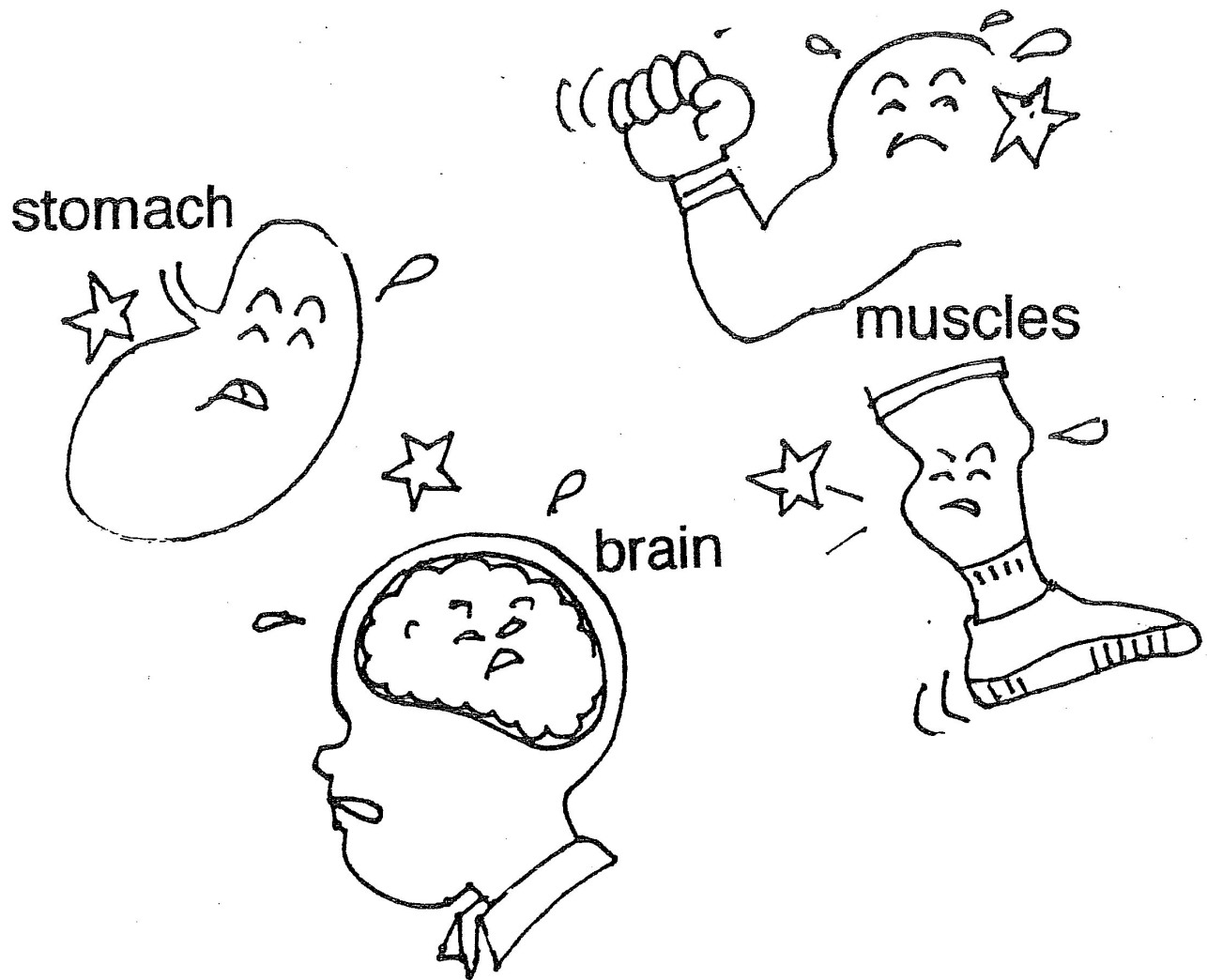
Chromosomes are what gave you all these things.



Down syndrome means that a person's chromosomes are just a little different from most people.

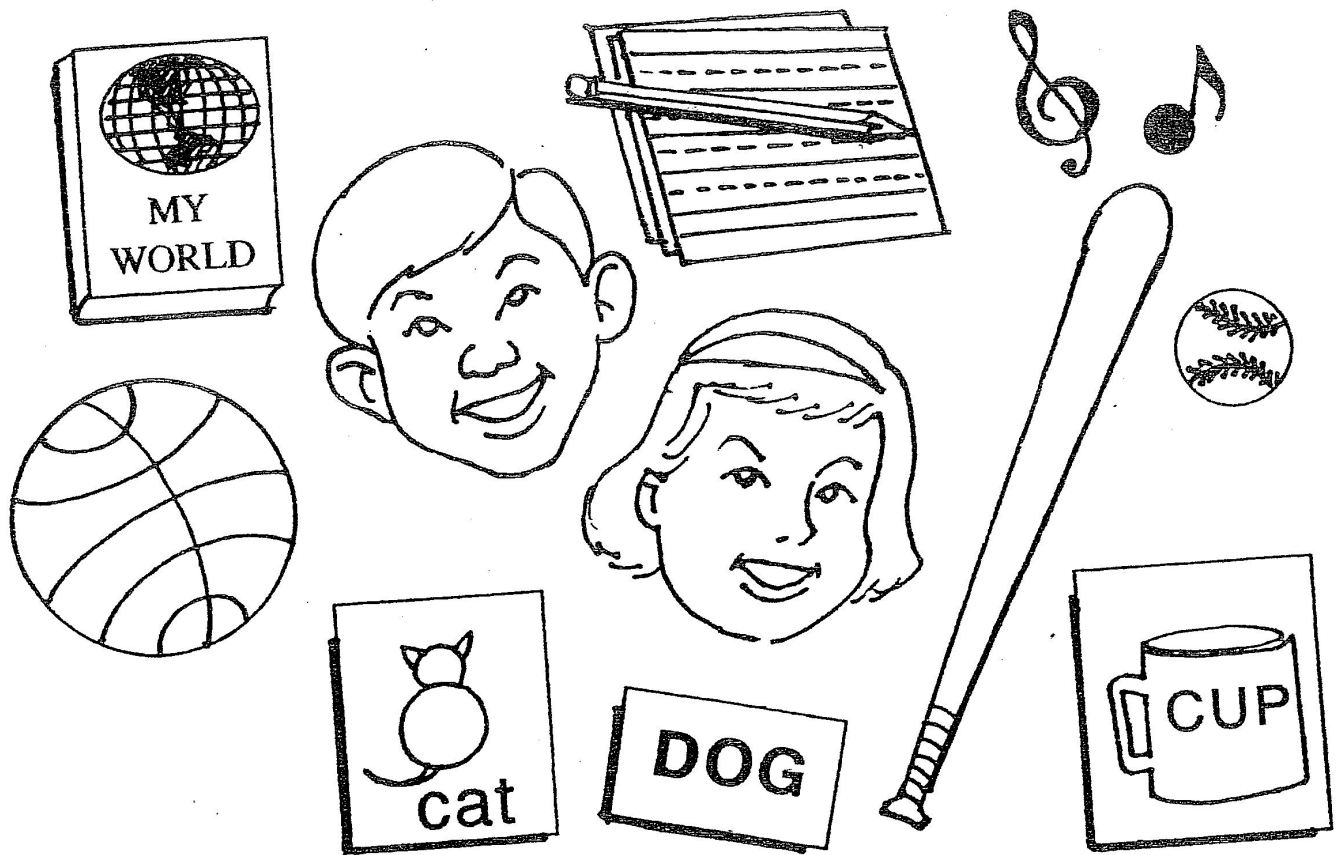


This extra chromosome in each cell crowds the other chromosomes and makes it harder for each cell to do its job.

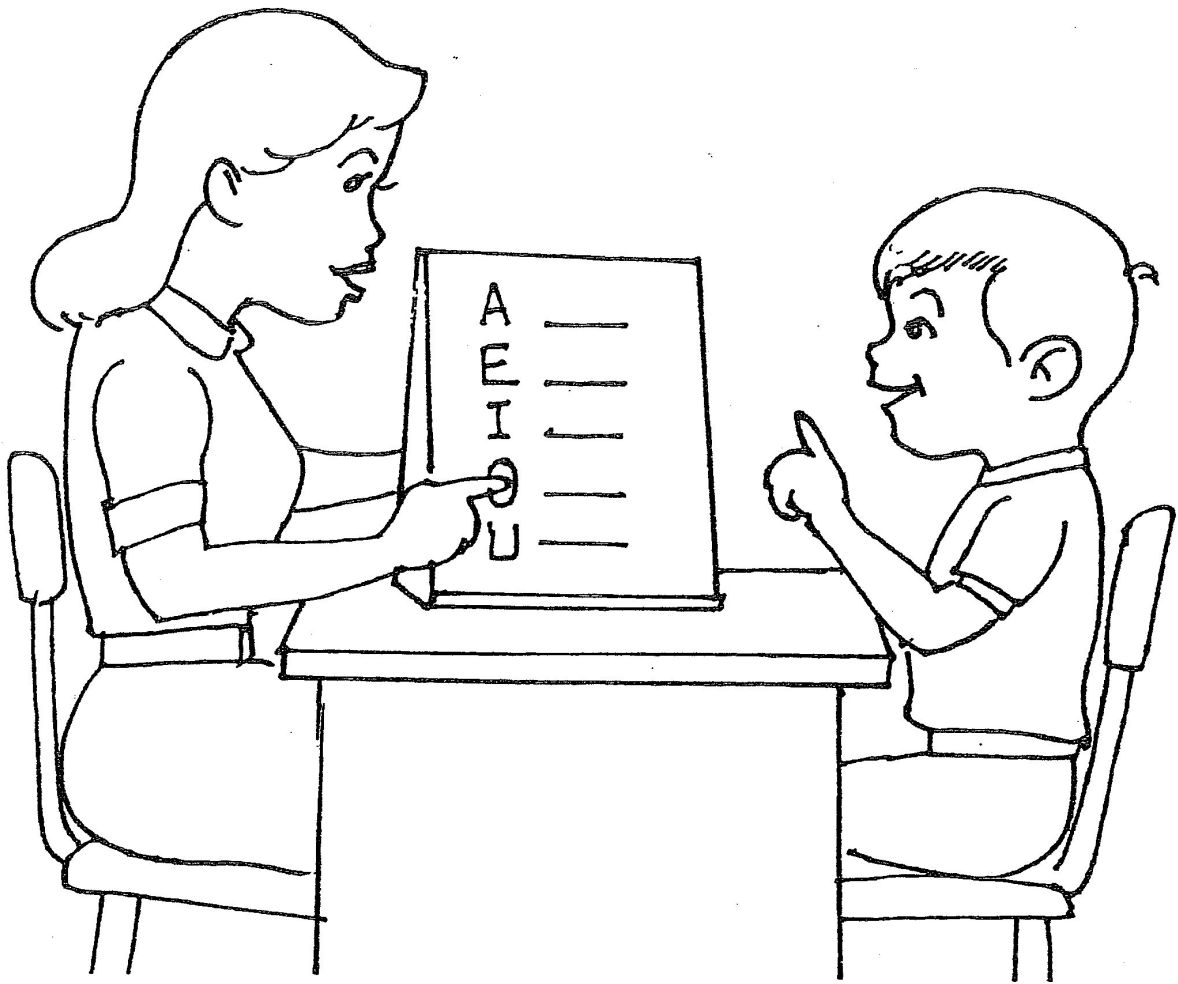


Stomach cells have a harder time digesting food. Muscle cells have a harder time running and lifting. Brain cells have a harder time understanding and learning.

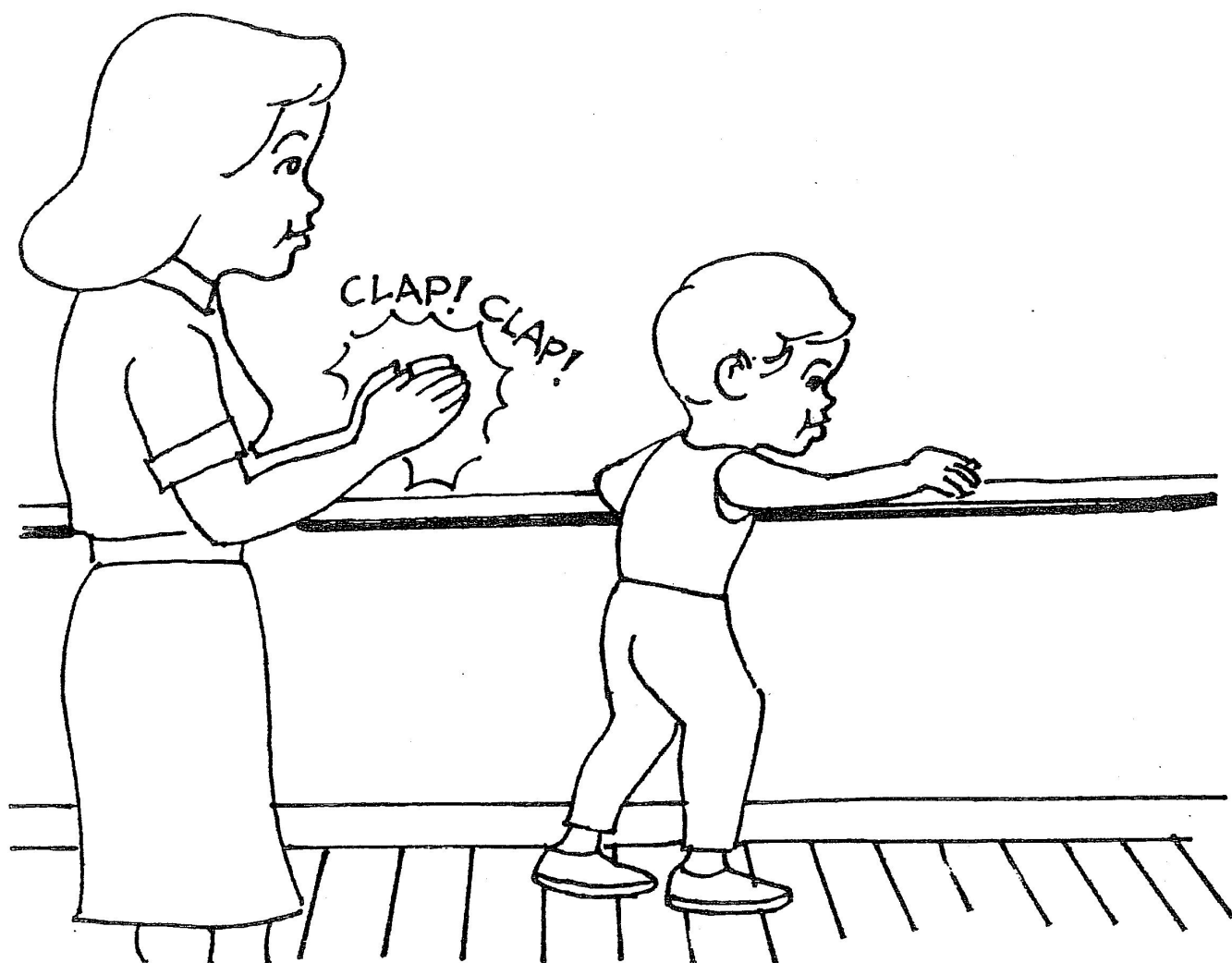




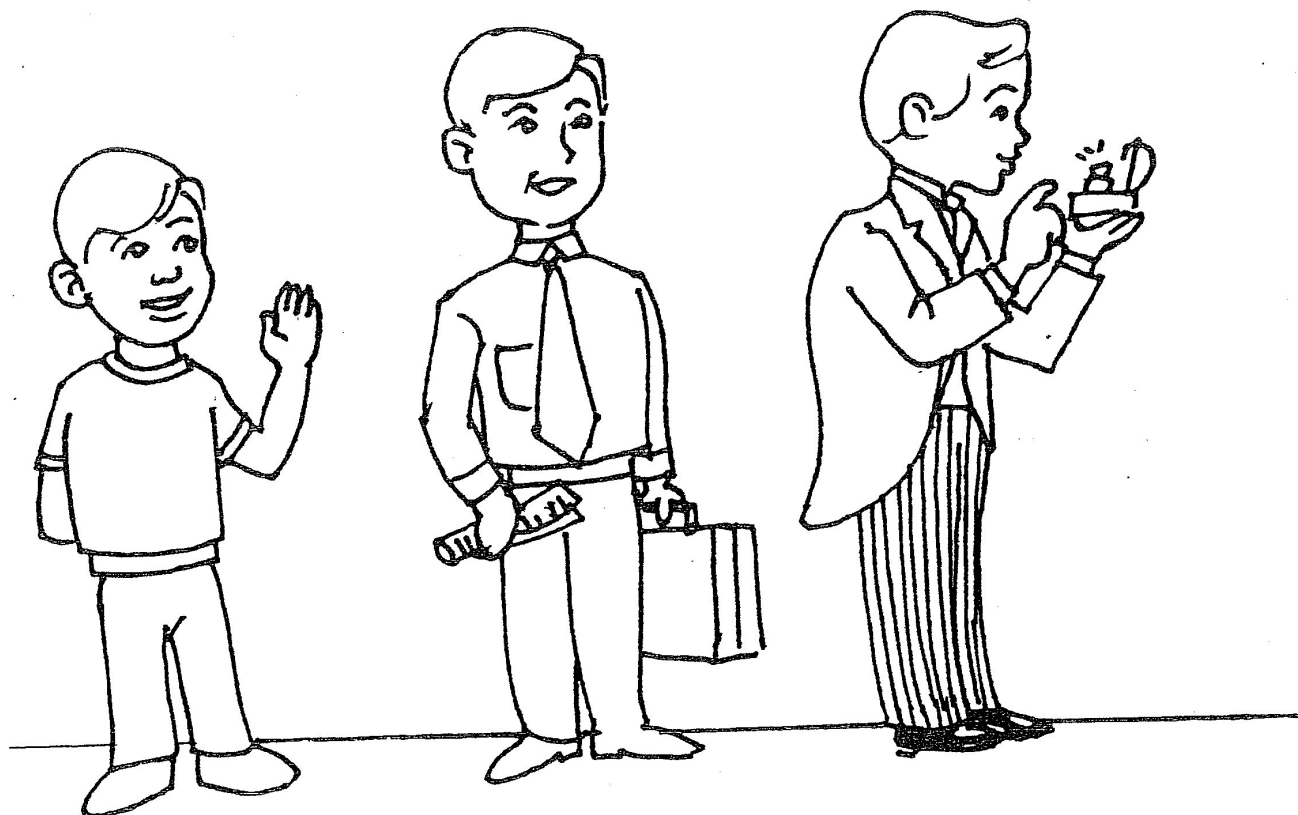
Having Down syndrome means the person is a different kind of smart. They learn the same things you and I learn—just maybe a little more slowly. They learn math, English, history, physical education, music, reading and writing.



Some students work with speech therapists at school. Speech therapists help students learn to use their mouth and face muscles to speak clearly and to understand the world.



Physical therapists help children with Down syndrome learn to use their big muscles. At first to roll over, crawl, and walk, and then to run, jump, ride a bike, shoot hoops and more!



People with Down syndrome grow up and have jobs and vote. Some people with Down syndrome drive, live in their own homes own and get married.



NOT THIS...

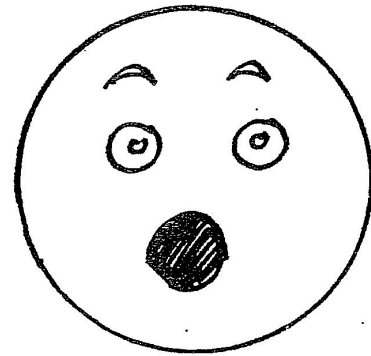
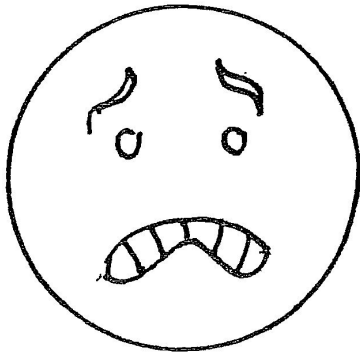
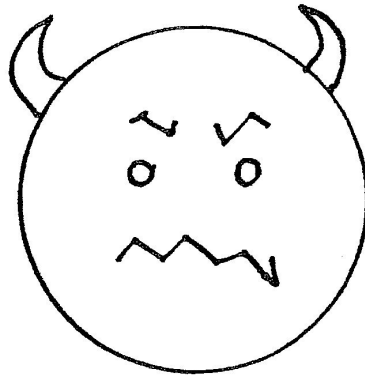
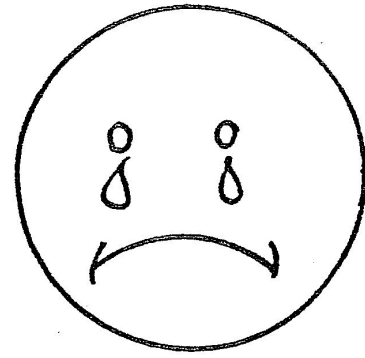
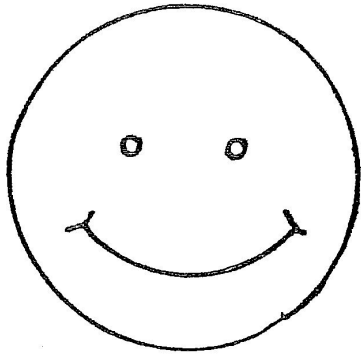


BUT THIS

Some people are afraid to interact  
(which means to be with) with  
people with Down syndrome.



People with Down syndrome are much more alike everyone else than they are different.



Think! Don't call a child with Down syndrome, (or anyone else) names. Just like you, people with Down syndrome have feelings.

## Bibliography

Pueschel, Siegfried M., et al. Down Syndrome Growing and Learning. Andrews and McMeel, Inc., 1978

Cunningham, Cliff. Down Syndrome: An Introduction for Parents. Souvenir Press, 1982.

## Interviews

Hilbers, Suzanna, Registered Physical Therapist.

Knapp, Brenda, Speech Pathologist



# Words from the Author:

Currently, I am a high school special education teacher in Madison, Wisconsin where I support students with cognitive disabilities in general education classes and in their communities. I am also pursuing my Masters degree in Special Education at the University of Wisconsin-Madison.

I wrote this book for my brother, Sadler, in an attempt to educate and open minds. I give my permission to The Down Syndrome Association of Middle Tennessee for its reprinting in the hope that it will continue to help both children and adults understand that people with Down syndrome are valuable family members, classmates, neighbors, friends and colleagues.

Amanda Bell

September 15, 1998

## About the illustrator:



Daniel D'Umuk Aguila arrived from the Philippines in late 1967 as guest Art Consultant for **The Upper Room**. Since then, he became an award-winning Art Director for the R. G. Fields Advertising Co., WDCN-TV/Channel 8, Financial Institution Services, Inc. (now FISI-Madison), and UCom (United Methodist Communications) retiring in 1993

As **el Dani**, he continues to draw editorial cartoons for the New York weekly **Filipino Reporter** (since 1976) and three other ethnic newspapers in San Francisco, Houston, and Denver. He was elected president of the Art Directors of Nashville in 1975, and the IABC (International Association of Business Communicators)/Nashville chapter in 1980.

He and his wife Norma, a retired medical social worker for the Tennessee Dept. of Health, have three children and three grandchildren. A son, Daniel Bliss, has Down syndrome and works full-time as Animal Care Technician at Vanderbilt's Institute for Developmental Neuroscience.

The Aguila family became US citizens on June 24, 1976. Their Nashville home, *Eagles Nest*, is named after his parents: *D'Umuk*, Ilocano for 'of the nest' and *Aguila*, Spanish for 'eagle'.

Copies of this coloring book may be  
obtained by contacting:

The Down Syndrome Association of Middle Tennessee  
Nashville, Tennessee  
(615) 386-9002