

## DOWN SYNDROME

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March 21 - International Down Syndrome Day What is Down syndrome?

Down syndrome is caused by an extra chromosome in the baby's cells by existence. In most cases, it is not inherited occurs during conception. What causes Down syndrome?

At this time, we still do not know what causes the extra 21st chromosome. this

It can be from both mother and father and understanding in advance There is no way

When was Down syndrome discovered? People with Down syndrome have always been born for the first time English doctor John Langdon Downe described this condition, which

Later they called him after him. In 1959, Professor Jerome Lejeune discovered that Down syndrome It is a chromosomal disorder and is related to the 21st pair of chromosomes

with fusion, which produces 47 chromosomes instead of 46. later These extra chromosomes have been found to result in physical characteristics,

which are associated with a different path of development. Do people with Down syndrome have a special personality type? No. People with Down syndrome are individuals. with that

They are more likely to use certain coping strategies. for example, On the part of people with Down's syndrome, routine, order and Using consistency is a way of controlling their lives.

Also, them They can talk to themselves about their behavior and feelings

explanation Changes can be very confusing, especially if A learning disability is included.

In the past, Down syndrome was equated with stubbornness. Stubbornness and Refusal to cooperate may mean that Downey A specific person with the syndrome will not understand what you expect from him.

It can also be used to try to control one's own life.

The best way to help someone is to find out what's wrong with them

There are physical signs characteristic of Down's syndrome, often Down's syndrome is also called "mongolism". It is easy to recognize students with Down's syndrome according to their characteristic physical signs:

- flat face profile;
- deformed ears;
- short wide hands;
- short neck
- small head;
- Low muscle tone.

They also distinguish the features of intellectual development characteristic of Down's syndrome:

- As a rule, children with Down's syndrome are characterized by different degrees of intellectual development disorders. Most researchers note that the maximum level of intelligence development of children with Down's syndrome remains at the age of 6-8 years for healthy children. However, it should be noted that children with Down's syndrome differ from each other in their intellectual abilities and, as a rule, depending on their abilities, they achieve good results in studies.
- Another characteristic feature of children with Down's syndrome is attention problems - lack of concentration, distraction. Children with Down's syndrome are characterized by easy switching, that is, any insignificant event or stimulus can make them stop their activity and completely switch to another insignificant activity.
- One of the most important problems of children with Down's syndrome is speech development. Very often, Down's syndrome is accompanied by various degrees of hearing disorders and, therefore, speech development and articulation problems.
- Children with Down's syndrome are quite stubborn and therefore they are characterized by periodic behavioral disorders. It is also very common for children with Down syndrome to have low self-esteem, which is caused by their physical data and significantly hinders children's normal functioning and learning motivation. Taking into account the above-mentioned intellectual characteristics of a child with Down syndrome, certain teaching strategies are proposed that best respond to the educational needs of students with Down syndrome. Before going directly to the description of these strategies, we would like to mention that inclusive education is recognized as the best form of education for children with Down syndrome in the world today. Research has shown that a child with Down syndrome learns best when surrounded by typically developing peers and feels like a full member of the class. This increases his self-esteem, gives him a sense of belonging, teaches him the norms of social behavior, the desire to communicate contributes to the development of his speech, and as a result, optimal conditions for his development and education are created.

#### Teaching strategies for a child with Down syndrome

It has been proven that in the diagnosis of Down syndrome, early intervention and rehabilitation provide very good results both intellectually and emotionally.

- Use a multi-modal approach. Teach the child through touch, hearing and sight. For example, use existing books that have different sensory elements, make sounds and are characterized by textiles with different textures.
- Use as many concrete examples and real-life situations as possible for teaching. Talk to the child in a language he understands. If necessary, slow down the pace of your speech.
- Always divide tasks into small steps and provide the child with new instructions before each step. Remember, children with Down syndrome usually have very good short-term memory.

- In order to increase the concentration of attention, during the lesson, repeat the instructions to the student often. Breaking down the material and frequent instructions will make it easier for him to focus on the task and absorb the material.