

Down Syndrome OPTIONS


Optimizing Potential Through Integrative Opportunities
Now.



Down Syndrome OPTIONS


- ▶ Acceptance
- ▶ Inclusion
- ▶ Empowerment

Today, tomorrow, always...



Lydia was born May 26, 2002


Options to help our daughter were very limited.



Expectations


- ▶ Low IQ
- ▶ Low muscle tone
- ▶ Global delays
- ▶ Poor speech
- ▶ Higher incident of leukemia
- ▶ Higher incident of celiac's disease
- ▶ Early onset Alzheimer's

FEARS and TEARS...and few options.




It's the Dawn of a New Decade!

More OPTIONS exist for your child!



**Do what you can
With what you have
Where you are.**
(Ghandi)



You are not behind!

Jump in where you can with 15 minutes a day.

Gather your village!

Family, Friends, Neighbors...

...And strangers.

A man I had never met before planted
Lydia a field of organic broccoli.

Clean up the diet.

You are what you eat.

Clean up your environment.

Target therapies: OT, PT, Speech, Vision,
Reading, Auditory processing

Good input = Good output

What biomedical issues of people with Down syndrome have been identified by research.

What is suggested to help normalize this biomedical issue?

Am I willing to track my child's response to therapy?

Why is my child having problems with xyz?

What are my OPTIONS?

Bad news: Lab results showed many metabolic cycles were extremely impaired.

Good news: We had something to work on.

Lydia's first few years

- ▶ Global delays.
- ▶ Pincer grasp was horrendously late.
- ▶ OT report was always depressing.
- ▶ Vision was very dysfunctional.
- ▶ Systemic low tone.
- ▶ Bloated belly.
- ▶ Rosy, chapped cheeks.
- ▶ Multiple ear infections
- ▶ Heart surgery at 5 months.
- ▶ Said "up" at 15 months.
- ▶ Walked at 20 months.

Raising kids is not a sprinter's race.

Pace yourself.

Enjoy the beautiful gift of your child.

It truly is the Dawn of a New Decade!

Lydia turns 10 this Saturday.

