

# Down Syndrome Association of Central New Jersey

## Down Syndrome Resources

Resources Provided by the National Center for Prenatal and Postnatal Down Syndrome at the University Of Kentucky's Human Development Institute

### Resources for Parents Prior to Prenatal Screening and Testing

"Understanding Prenatal Screening and Testing for Chromosome Conditions"

Free on-line information available. Also available as a printed pamphlet.

<http://www.lettercase.org/prenataltesting/>

### Resources for Parents Just Receiving a Diagnosis of Down syndrome

"Understanding a Down Syndrome Diagnosis"

Free booklet available in both print and digital formats.

<http://lettercase.org/>

### Resources for Parents Continuing a Pregnancy after Receiving a Diagnosis of Down syndrome

Diagnosis to Delivery: A Pregnant Mother's Guide to Down Syndrome

Free e-book available for download. Also available in print format.

<http://downsyndromepregnancy.org/>

### Brighter Tomorrows

Balanced and accurate information about Down syndrome available on-line.

<http://www.brightertomorrows.org/>



### Other Resources for New and Expectant Parents

"A Promising Future Together: A Guide for New and Expectant Parents"

Free booklet published by the National Down Syndrome Society

<http://www.ndss.org/Global/NDSS%20Promising%20Future%20Together.pdf>

New and Expectant Parent Information available at the National Down Syndrome Congress website

<http://ndscenter.org/resources/new-and-expectant-parents/>

Babycenter's Down Syndrome Pregnancy Message Board

[http://community.babycenter.com/groups/a14515/down\\_syndrome\\_pregnancy?](http://community.babycenter.com/groups/a14515/down_syndrome_pregnancy?)

Babies With Down Syndrome: A New Parent's Guide, Third Edition edited by Susan Skallerup (book)

Down Syndrome: The First 18 Months (DVD)

### National Down Syndrome Organizations

National Down Syndrome Society

<http://www.ndss.org/>

National Down Syndrome Congress

<http://ndscenter.org/>

## Books about Family Experiences

Gifts: Mother's Reflect on How Children with Down Syndrome Enrich Their Lives by Kathryn Lynard Soper

Common Threads: Celebrating Life with Down Syndrome by Brian Skotko and Cynthia Kidder

Woodbine House publishes a Special Needs Collection of books and DVDs

<http://www.woodbinehouse.com/Down-Syndrome.29.0.0.2.htm>

## On-Line Discussion Groups

Babycenter's Down Syndrome board

[http://community.babycenter.com/groups/a315/down\\_syndrome](http://community.babycenter.com/groups/a315/down_syndrome)

DOWN-SYN Listserv

<https://listserv.nodak.edu/cgi-bin/wa.exe?A0=DOWN-SYN>

Uno Mas!

<http://unomas.proboards.com/>

UpsNDowns Listserv

<http://groups.yahoo.com/neo/groups/UpsNDowns/info>



## Medical Resources

Health Supervision for Children with Down syndrome

Published in the official journal of the American Academy of Pediatrics

<http://pediatrics.aappublications.org/content/107/2/442.full.pdf+html>

Down syndrome Healthcare Guidelines

<http://www.ndss.org/Resources/Health-Care/Health-Care-Guidelines/>

Down Syndrome: Health Issues

<http://www.ds-health.com/>

LuMind Foundation (Down syndrome cognition research)

<http://lumindfoundation.org/>

## Other Resources

Down Syndrome Education Online

<http://www.down-syndrome.org/>

College Options for People with Intellectual Disabilities

<http://www.thinkcollege.net/>