

Down Syndrome Association of Central New Jersey

Down Syndrome Resources

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 online information available. Also available as a printed pamphlet.

<https://www.understandingprenataltesting.org/>

<https://resources.lettercase.org/>

Resources for Parents Just Receiving a Diagnosis of Down Syndrome

"Understanding a Down Syndrome Diagnosis"

A free booklet in print and digital formats.

<https://understandingdownsyndrome.org/>

<https://resources.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.

<https://downsyndromepregnancy.org/articles/>

<http://downsyndromepregnancy.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/publications>

New and Expectant Parent Information 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

"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

Online Discussion Groups

Babycenter’s Down Syndrome Board

http://community.babycenter.com/groups/a315/down_syndrome

Uno Mas!

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

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/128/2/393>

Down Syndrome Healthcare Guidelines

<https://ndss.org/resources/healthcare-guidelines>

Down Syndrome: Health Issues (last update May 2020)

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

LuMind Foundation (Down syndrome cognition research)

<https://www.lumindidsc.org/>

Other Resources

Down Syndrome Education Online

<https://www.down-syndrome.org/en-us/>

College Options for People with Intellectual Disabilities

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



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