

Nearly all of us at DSAN are mothers and fathers of children with Down Syndrome. We very much would like to share our experiences with you, to make Namibia a better place for our loved ones with Down Syndrome.



### **Down Syndrome? Do I have that?**

Does your baby look a little different? Does your baby boy or girl have slanted eyes, a bit of a flat face, a big space between the big toe and the other toes and between the thumb and the index finger? Does your baby have crumbly little ears and does his or her tongue hang out of the mouth more often than not? Does he or she find it hard to breast feed and easily gets exhausted? Is your baby not as strong as other babies his or her age? Is sitting difficult, and so crawling and walking? Is your baby often sick? Are you worried about the development of your baby? Is your baby growing slower and gaining less weight compared other babies his/her age?

There is no fixed checklist to diagnose if your baby may have Down Syndrome but these specially designed and beautiful dolls may help you to recognize typical features of a person with Down Syndrome.



If you think your baby or child may have Down Syndrome, please ask your doctor for a full examination and a DNA test to confirm the diagnosis.

If you first want to talk to someone, please contact DSAN at 081-1244202 (call or SMS) or [info@downsyndromenamibia.org](mailto:info@downsyndromenamibia.org).

It is not always easy to look after the person in your life with Down Syndrome. Once you have information on how to look after your child it becomes a lot easier though.

You want your child or friend with Down Syndrome live life to the best of his or her ability. Call on DSAN for information and help? Become a member of DSAN? Membership is free.

[www.downsyndromenamibia.org](http://www.downsyndromenamibia.org)