

World Down Syndrome Day Complete Resource List

BOOKS

- My Friend Has Down Syndrome, by Jennifer Moore-Mallinos, illustrations by Marta Fabrega (ages 7 - 9)
- Fasten Your Seatbelt: a Crash Course on Down Syndrome for Brothers and Sisters, by Brian Skotko & Susan Levine (ages 12 & up)
- The Sibling Slam Book: What It's Really Like to Have a Brother or Sister with Special Needs, by Don Meyer & David Gallagher (teen)
- Early Communication Skills for Children with Down Syndrome: a Guide for Parents and Professionals, 3rd Edition, by Libby Kumin
- Fine Motor Skills in Children with Down Syndrome: a Guide for Parents and Professionals, 2nd Edition, by M. Bruni
- Gross Motor Skills in Children with Down Syndrome: a Guide for Parents and Professionals, 2nd Edition, by Patricia Winders
- Helping Children with Down Syndrome Communicate Better: Speech and Language Skills for Ages 6 – 14, by Libby Kumin
- Teaching Reading to Children with Down Syndrome: a Guide for Parents and Teachers, by Patricia Logan Oelwein
- Targeting Language Delays: IEP Goals & Activities for Students with Developmental Challenges, by Caroline Lee, L.C.S.T.
- Teaching Math to People with Down Syndrome, by DeAnna Horstmeier
- Count Us In: Growing Up With Down Syndrome, by Jason Kingsley and Mitchell Levitz
- The Memory Keeper's Daughter, by Kim Edwards
- The Unfinished Child, by Theresa Shea
- The Shape of the Eye: A Memoir, by George Estreich
- Know the Night: A Memoir of Survival in the Small Hours, by Maria Mutch
- Just Say Know! by David Hingsburger
- Teaching Children with Down Syndrome about Their Bodies, Boundaries and Sexuality: A Guide for Parents and Professionals, by Terri Couwenhoven
- Mind and Body: Answers to Your Questions. Canadian Down Syndrome Society (CDSS)
- I Know Someone with Down Syndrome, by Vic Parker
- My Friend Isabelle, by Eliza Woloson (ages 2 – 6)

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WEBSITES

- www.haltondownsyndrome.com – Local connection to information about Down syndrome, including events, news, and resources.
- www.cdss.ca – Comprehensive site with links to groups across Canada. Order books online. Email questions for research and response by qualified staff. Order their FREE educator package online.
- www.dsrf.org – Comprehensive Canadian research and resource site; includes videos to help educators teach students with Down syndrome.
- www.downsed.org – Large UK site with educational links.
- www.kidstogether.org – An energetic and informative American site that focuses on inclusive practices.
- www.InclusionDaily.com – Daily news bulletin dedicated to disability and inclusion issues.
- www.knowyourrights.ca – Canadian site related to advocating for your child within the school system.
- www.prepprog.org – The PREP Program is a school and resource center that serves individuals with Ds.
- www.downssa.asn.au/ – Large Australian site with excellent information and resources.
- www.trisomie.qc.ca – Excellent French language site.
- <https://upwithdowns.org/> – Useful information with links to blogs, including a couple of self-advocate blogs
- www.disabilityscoop.com – Developmental Disability news site (includes daily coverage of newsworthy items related to autism, intellectual disability, cerebral palsy, Down syndrome and more).
- <https://www.ideal-way.ca/> – Non-profit organization dedicated to inspiring and motivating people with an intellectual disability, and others, to reach their potential.

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Television/Movies

- Born This Way - Emmy-award winning documentary series featuring young adults with Down syndrome, <http://www.aetv.com/shows/born-this-way>
- Glee - Becky Jackson is a recurring character on this high school musical drama. She is an alumna of William McKinley High School and also served as Sue's secretary. She was a member of the Cheerios, Sue's minion, and is one of the four characters featured on the show with Down syndrome (the other three being Sue's sister Jean Sylvester, Jason (Becky's date in Prom Queen) and Sue's daughter, Robin Sylvester).
- The Secret Life of the American Teenager – Tom Bowman is Grace Bowman's adoptive brother who happens to have Down syndrome. He is portrayed by Luke Zimmerman.
- Where Hope Grows (2014 movie) – A baseball player whose professional career was cut short due to his personal problems is suddenly awakened and invigorated by a young- man with Down syndrome who works at the local grocery store.
- Cafe de Flore (2011 movie) - In 1960s Paris, a working-class woman gives birth to her first child, Laurent, who has Down syndrome. Undaunted she embraces the challenge of raising her beloved offspring as normally as one would any other child. Her husband abandons them both. She bravely brushes this additional hiccup aside as Laurent replaces her spouse as the perfect man of her dreams. As Laurent approaches school age Jacqueline's aplomb becomes obsessive and cloying.
- Any Day Now (2012 movie) - In the 1970s, a gay couple fights a biased legal system to keep custody of an abandoned teenager who has Down syndrome, that comes to live under their roof.
- Mr. Blue Sky (2007 movie) - An unconventional love triangle between three childhood buddies; two girls, one born with Down syndrome, and one boy, who all grow up fighting who they are inside, how they are perceived by society as a whole, and who they ultimately strive to become as individuals through the obstacles that are inherently present.
- The Memory Keeper's Daughter (2008 movie) - A father separates his son from his twin sister at birth to prevent him and the mother from knowing she was born with Down syndrome. Based on the novel by Kim Edwards.
- The Rainbow Kid (2015 Toronto movie) - Eugene, a young man with Down syndrome, embarks on the journey of a lifetime: he's going to find the pot of gold at the end of the rainbow and save the day.
- The Peanut Butter Falcon (2019): <https://www.imdb.com/title/tt4364194/> : After running away from a residential nursing home to pursue his dream of becoming a pro wrestler, a man who has Down syndrome befriends an outlaw who becomes his coach and ally.
- Actors with Down syndrome: Lauren Potter, Chris Burke, Luke Zimmerman, Jamie Brewer, Marin Gerrier, Krystal Nausbaum, Isaac Leyva, David DeSanctis - www.dsiam.org

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MUSIC

- Sujeet Desai – Plays clarinet, piano and violin. <http://www.sujeet.com>
- Akihito – Pianist. Akihito Ochi is a Japanese pianist with Down syndrome. He started playing piano at nine years old and later began to compose his own music. <https://www.youtube.com/watch?v=doCfd7rllAM>
- Good Buddies Blues Band – From Leboldus High School, Regina. Students with Down syndrome and other developmental delays are partnered with typical students to develop a friendship within and outside the band. Typical students are given an instrument to play that they are unfamiliar with, so everybody is learning. The teacher plays simple blues/jazz chords with a good beat in the background and the students add in the rest. <https://www.youtube.com/watch?v=Avn0nivGdyQ>
- Dangerous Minds - Finnish Punk Band featuring individuals with Down syndrome and Autism. <http://dangerousminds.net>
- Madison Devlin - Singing All of Me on YouTube. https://www.youtube.com/watch?v=NpcYnSuf_7s

SOCIAL MEDIA

TikTok

- National Down Syndrome Society: www.tiktok.com/@ndssorg
- @paul_and_maya_xo: www.tiktok.com/@paul_and_maya_xo
- Julia Slater: www.tiktok.com/@dancerjules
- Zachv_pat: https://www.tiktok.com/@zachv_pat
- Mr. Down Syndrome: www.tiktok.com/@officialmrdownsyndrome99

Twitter

- Halton Down Syndrome Association: @TheHDSA
- Down Syndrome International: @DSiupdate.
- Down's Syndrome Association: @DSAInfo.
- Global Down Syndrome: @GDSFoundation.
- National Down Syndrome Society: @NDSS.
- Canadian Down Syndrome Society: @CdnDownSyndrome.

Instagram

- Halton Down Syndrome Association: <https://www.instagram.com/thehdsa/>
- Madelinesmodelling_: www.instagram.com/madelinesmodelling/
- Micah Quinones: www.instagram.com/lifewithmicah/
- The L u c k y Few®: www.instagram.com/theluckyfewofficial/
- Jimbo: www.instagram.com/jimbo_is_the_man/
- Taylor & Treg Wheeler: www.instagram.com/thehouseofwheeler/
- Cedar's Story: www.instagram.com/cedarsstory/
- Hayley & River: www.instagram.com/i_amriver/
- Harps: www.instagram.com/babybrainmemoirs/
- Noah and Jacob aka Supernoah: www.instagram.com/supernoah/
- Julia & Michael Toronczak: www.instagram.com/beyondthewavesblog/
- Oakley Peterson: www.instagram.com/nothingdownaboutit/
- Jamie Brewer❤️: www.instagram.com/itsmemsjamiebrewer/
- First European person to get a university degree:
pablo pineda ferrer:
www.instagram.com/pablopinedaoficial/
- ISABELLA SPRINGMÜHL: www.instagram.com/downtoxjabelle/
Isabella Springmuhl Tejada is the first fashion designer with Down syndrome to have her work showcased at London Fashion Week.
- Tim Harris: www.instagram.com/tharris5/
Tim Harris is an athlete who's won gold at the Special Olympics and is the only person with Down syndrome in the US to have owned his own restaurant.
- Chelsea Werner went from having little physical movement to competing in gymnastics at the Special Olympics. She has since become a model. Chelsea Werner: www.instagram.com/showtimewerner/
- After facing rejection in the culinary world, Collette Divitto created her own hugely successful cookie business, Colletty's Cookies. Collette Divitto: www.instagram.com/colletteyscookies/
- John Tucker. John Tucker stars in the Emmy award-winning reality show "Born This Way.": www.instagram.com/bornthiswayjt/

Thank you so much for taking the time to review these resources and we hope you share them with others!