

# Respectful Communication Towards Children with Down Syndrome (and their mamas)



1

## Use people-first language

Do use people-first language when referring to children with Down syndrome – use language such as 'child with DS' or 'child with special needs', instead of 'Down's child' or 'special child'.

2

## Don't say 'sorry'!

Don't say 'sorry' when you find out a child has DS. Pity is not what parents of children with DS want or need. What they need is love and acceptance of their child.



3

## Don't ask, "Why didn't you check?"

Don't ask a mama whose child has DS why they didn't check during pregnancy to see if 'something was wrong'. People are free to make their own choices and asking such a question implies judgement towards the child with DS.

4

## "They don't look like they have Down syndrome" is not a compliment

Saying, "He/she doesn't look like they have DS," will not change the fact that the child has DS.

5

## Don't be afraid to let your kids approach children with DS to play

Don't be afraid to let your kids approach children with DS to play. Toddlers usually can't tell when another child is 'different', so just as they wouldn't treat children with DS differently, neither should you! Kids usually imitate our actions and the way we speak, so as parents we should be setting good examples for our children. Do not pass remarks or judgement on others' behaviour or appearances just because they appear 'different'.

