

CONNECTIONS

TECHNIQUES FOR SUCCESS: FOURTH ANNUAL CONFERENCE

By Julie Ryan Silva, DSNMC Parent

"These two organizations provide a professional conference that actually rivals any conference I've ever attended in over 37 years in public education."

With these words, Chris Richardson, MCPS' Associate Superintendent for Special Education and Student Services, opened the 4th Techniques for Success for Educators (TFS) conference on November 10, 2012. TFS is a joint effort between DSNMC and F.R.I.E.N.D.S. of Frederick. Ms. Richardson joined Ms. Gwendolyn Mason, MCPS Director of Special Education Services, and 244 other educators at the Gaithersburg Marriott Washingtonian Center to hear from national and local experts on practical strategies for educating students with Down syndrome and other special needs. This was the largest TFS conference to date, with a third of participants having attended in the past.

Continued on page 9

DECEMBER 2012

Buddy Walk 2012

Techniques for Success
- Background & Eductaors
- Parent Perspective
- Topics/Takeways

Sibling Corner

Sibling Corner

Who's Who in DSNMC

Upcoming Events



2012 BUDDY WALK

By Susan Mordan, DSNMC
Buddy Walk Manager

The 8th Annual DSNMC Buddy Walk on October 6th was a huge success!! Families packed the fields on a beautiful, sunny day at Hadley Park in Potomac, creating a chance for the DSNMC community to come together to catch up with old friends and to make new ones.

Continued on page 5

Board of Directors

Gena Mitchell, President
gena@dsnmc.org

Tracy Douglas-Wheeler,
Vice President
tracy@dsnmc.org

Aaron Cohen, Treasurer
aaron@dsnmc.org

Leslie Bisignano, Secretary
leslie@dsnmc.org

Christine Fleming
christine@dsnmc.org

Adrian Forsythe
adrian@dsnmc.org

Karen Gee
karen@dsnmc.org

Mimi Gehres
mimi@dsnmc.org

Chris Hicks
chris@dsnmc.org

Kathy Myers
kathy@dsnmc.org

Heather Sachs
heather@dsnmc.org

Newsletter Editor:
Elizabeth Totah
elizabethwt@dsnmc.org

Administrative Support:
admin@dsnmc.org

Buddy Walk:
buddywalk@dsnmc.org

Once again, I am overwhelmed with the success of our Buddy Walk. Not only was it a record-breaking year for fundraising, but also a tremendous turnout of families! It is absolutely one of, if not my favorite event of the year to experience the buzz of the crowd and the positive energy. I am always inspired to see so many children from the community that come to support their friends or family who have Down syndrome, and I am reminded that this is an opportunity for all of us.

President's Letter

The week after the Buddy Walk going about business as usual, I happened to see a parent of one of Devin's friends, who attended the Buddy Walk. I asked the mom what her daughter thought of the Buddy Walk, expecting to hear things like I loved the cotton candy, the slides were great or something along those lines. Instead, I was humbled. The young girl told her mother how awesome it was to hear the speech of Adrian - our Master of Ceremonies. She loved to hear about all of the things that he has done.

During planning, we are all consumed with head count, food count and details such as theme character and slide selection. We stress ourselves out with perfection, which I think we hit the mark pretty closely minus a few bugs that we will tweak for future years.... such as t-shirt distribution ☺. When I hear something like this, I know every moment of planning for the past twelve months was worth it. She will remember Adrian, and all that he has accomplished. She will remember spending time with Devin and in the meantime, she will expect that Devin and others that she meets with Down syndrome can rise to the challenges as well. I feel so fortunate to have these moments and I hope that you get the opportunity to experience something similar as well.



The Buddy Walk has also given the Board a rejuvenated perspective and as we look ahead, we will be planning more gatherings for our members. Of course, they will be more intimate in size and not as formal as the Buddy Walk, but based on what we have heard from our membership, it is wanted. We are looking at specific parent programs on common needs like potty training, estate planning, parent panels, education topics, siblings and many more. We will have added social gatherings like a pizza party or movie nights (in a community center). Our goal is simple: give our members every opportunity to share and learn from each other and for us to find the information of experts to share.

We have had a successful Buddy Walk and Techniques for Success Conference this year, THANK YOU to all who participated in both of the wonderful events!! We have a growing Board of Directors, welcome Christine Fleming and self-advocate, Adrian Forsythe! And with our first year as a 501c3 under our belt, we have so much more to do!

Gena

GET TO KNOW YOUR BOARD....

Aaron Cohen is Vice President, Tax and Advisory Services at Cohen, Rutherford + Knight PC. Prior to joining Cohen, Rutherford + Knight PC in 2010, Aaron was an associate in the tax department at the law firm Simpson Thacher LLP in New York. Aaron Cohen holds a Juris Doctor from Columbia University School of Law (where he was a Harlan Fiske Stone Scholar), an MPhil from Cambridge University, and a Bachelor of Arts from University of Pennsylvania, magna cum laude. Aaron grew up in Rockville, Maryland and attended Walter Johnson High School. Aaron lives with his wife, Jordana, in Washington, D.C.



Christine Fleming has been a member of DSNMC since moving to Montgomery County in 2008 with her husband John, and her children Gabby (10) who has DS, Kit (9), and Jack (5). She has a background in publishing and writing, has taught high school English, and is a certified Montessori teacher and kids yoga instructor. Christine looks forward to nurturing the growth of DSNMC by ferreting out new members and continuing to build an ever stronger sense of community among all members.



Adrian Forsythe

Adrian's ambitions are to be an advocate for people with disabilities and to be an actor. He is preparing for his career in the George Mason LIFE Program, a post-secondary program for students with intellectual disabilities. Having finished his third year, Adrian is taking a leave of absence for this academic year to pursue further work experience in advocacy. At George Mason, Adrian is an active member of the theater community; he has appeared in plays, worked backstage, and joined the student theater group, as well as the theater fraternity.

Adrian has extensive work experience, applying office and computer skills in a variety of settings, mentoring young people with intellectual disabilities, and making formal presentations to national audiences. Last semester, Adrian participated in the Congressional Intern Program as an intern in the office of Congressman Steny Hoyer, Adrian's representative in Congress.





Carl W. Freeman[®]
FOUNDATION



GM RYAN
international



Blackboard

Building a better education experience is hard, but when we combine what you know with what we know the result can be eye-opening.

Let's help students see more opportunities through education. Visit blackboard.com

Let's build a better education experience.

©2012 Blackboard Inc. All rights reserved. Blackboard and the Blackboard logo are trademarks or registered trademarks of Blackboard Inc. or its subsidiaries in the United States and/or other countries.



2012 BUDDY WALK

continued from front page

The theme for the walk this year was “We Are All Stars” celebrating the many stars among us with a little splash of Hollywood glitz and glamour. The Master of Ceremonies for this year’s Buddy Walk was Adrian Forsythe Korzeniewicz, who inspired all by his passionate speech encouraging us all to find the special thing that makes each one of us a star. Hats off to Adrian for being an inspiration to all.

A red carpet entrance welcomed all at the registration desk while groups of self-advocates worked the crowd as paparazzi interviewing all the DSNMC stars. A glittering collection of bios hung from the food tent celebrating what makes each child special.

The highlight of the day was the mile walk around the park, followed by moon bounces and inflatable slides, keeping people moving. VIP guests included Congressman Van Hollen, Montgomery County Executive Leggett, and NDSS VP Sara Weir. Cheerleaders and dancers packed the stage throughout the day. Face painting, balloon art by the clown and crafts kept the young stars busy in the tents.

Raising close to \$100,000, we achieved our fundraising goal and surpassed the \$70,000 raised in 2011. This year we had over 30 individual fundraising teams set up on Crowdrise, with many teams exceeding their own goals. Congratulations to all who reached out to family and friends to ask for money to support the great works of DSNMC. We also had generous support from over a dozen corporate sponsors, mentioned in ads in this newsletter. Thanks to the many volunteers who helped to make this year’s Buddy Walk a huge success.

Adventist HealthCare
BlackBoard
Carl M. Freeman Foundation
Congressional Bank
The Cleaning Authority
Creative Mouse
Eagle Bank
Giant
GM Ryan International
Highline Wealth Management

THANK YOU to all our BUDDY WALK Sponsors
We appreciate your support.

Honest Tea
HoHoward Lerner
Koons Silver Spring
The Meltzer Group
Montgomery Orthopaedics
Pediatric Therapy Associates
Rogers & Associates
Sachs Capital
Shulman Rogers
Vallefuoco Contractors

DSNMC
BUDDY WALK
2012





There are two ways of meeting difficulties: you alter the difficulties or you alter the way you meet them.

- Phyllis Bottome

**Rogers &
ASSOCIATES, LLC**
CERTIFIED PUBLIC ACCOUNTANTS AND MANAGEMENT CONSULTANTS



SILVER SPRING

 **Montgomery
Orthopaedics**
Board Certified Orthopaedic Surgeons

Full Service Orthopaedic Practice
www.montgomeryorthopaedics.com

Tel: 301- 949 - 8100
Fax: 301- 962-7450

TECHNIQUES FOR SUCCESS

Continued from front page

DSNMC and F.R.I.E.N.D.S. held the first TFS conference in 2010 with the goal of helping students with Down syndrome by providing support to educators. TFS welcomes general educators, special educators, paraprofessionals, therapists, counselors, administrators and home schooling parents working with students from preschool to high school. Topics and speakers change each year to keep educators coming back. The conference has strengthened the relationship between DSNMC and Montgomery County Public Schools as well as between individual families and their child's teaching

teams. Funded by Buddy Walk donations, educators attend TFS free of charge and receive a wealth of ideas and inspiration, as well as continuing education credit. The location of TFS alternates between Montgomery County and Frederick County.



Parent Support

Parents provide the main source of publicity for TFS. Thanks to all who shared information with staff at your child's school! Please plan to invite your child's educators every year. It's a wonderful way to support them and spread current information about Down syndrome within our county's schools. Educators may be reluctant to welcome students with Down syndrome because they fear they do not have support or resources to be successful. TFS aims to relieve this fear.

DSNMC welcomes volunteers for the TFS Planning Committee. This year's committee included Co-Chairs Heather Sachs and Katie Routzahn along with Shane Buckland, Kirsten Jones, Patti Klobus, Gena Mitchell, Betsy Mull Balicao, Julie Ryan, Bob Walsh and Denny Weikert. The majority of work for the conference occurs by November. To learn more, contact Heather Sachs at [h](#)



KEY TOPICS & TAKEAWAYS

by Susie Lee, DSNMC Parent

I attended my first Techniques for Success (TFS) Conference last year and was very impressed with each of the speaker's insights and the overall execution of the entire conference. I knew then that

I wanted to attend every TFS conference if possible, so I was extremely excited about this year's roster of topics and speakers. Once again, the TFS conference did not disappoint! From beginning to end, the TFS conference buzzed with positive energy and



Dr. George Capone kicked off the morning with his presentation on **Development and Behavior Concerns in School-Age Children with Down Syndrome**. Dr. Capone is the director of the Kennedy Krieger Institute's Down Syndrome Clinic and Research Center. It was helpful to get a medical perspective on how the unique brain development in our children affects learning and presents challenges. Dr. Capone also provided insight into how some common health issues, such as sleep apnea, thyroid, and GERD can affect our children's performance in school. He emphasized the need to understand the full picture of *why* our children may be exhibiting certain behaviors in school. A practical application of his presentation included a discussion of the strengths of our children and helpful learning strategies such as 1) minimizing multi-tasking, 2) using visual supports, 3) giving breaks and rewards, and 4) keeping it short, simple, clear, and achievable. It was an honor to learn from Dr. Capone's wealth of knowledge, medical expertise, and years of experience.

Dr. Sean Smith followed with his presentation on **Technology Tools and Apps for the Classroom**. Dr. Smith is an Associate Professor of Special Education at the University of Kansas and a parent of a child with Down syndrome. If I had to use one word to describe his presentation, it would be PRACTICAL. Dr. Smith showed numerous examples of fun, interactive, hands-on tools, iPad apps, and websites that can be used both in class and at home to facilitate and support learning in the classroom. From social narratives to storyboard comics to iMovie, Dr. Smith demonstrated how the integration of these apps provides for multiple means of representation, expression, and engagement (Universal Design for Learning *in practice*). He also provided a must-see website with all the wonderful resources included his presentation: <http://seanjsmith.pbworks.com/tfs>.

Ann Brado and DSNMC's very own President **Gena Mitchell** then delivered their presentation on **Accommodations, Modifications, and Strategies**. Ms. Brado is an Instructional Specialist with the Department of Special Education Services in Montgomery County Public Schools. She led the group in exercises on learning styles and examples of modifications of school assignments. She shared that most people are visual learners and that visual aids in the classroom improve learning by up to 400%! This important nugget of information coincided with a recurring theme embedded in each of the presentations: our children are great visual learners, so we need to tap into this strength and present schoolwork accordingly. The interactive portion of this session allowed us to work collaboratively at our tables to share and brainstorm ideas on how to modify work by making the most of everyday school supplies, from pocket folders to post-its to color dot stickers!

This important nugget of information coincided with a recurring theme embedded in each of the presentations: our children are great visual learners.

Patti Fredericks and **Doug Silvern** gave the final presentation on the **Transition Processes and Preparation: Middle School, High School, and Beyond**. Ms. Fredericks is a Transition Support Teacher in the Transition Services Office of Montgomery County Public Schools, and Mr. Silvern is a Service Coordinator with Service Coordination, Inc. in Frederick County. Their presentation emphasized how each major academic and life transition requires close collaboration and clear communication among all parties involved, from parents to service coordinators, to school staff to transitioning youth. Understanding options and finding the best fit was a clear message.



*Acknowledging and supporting
the capabilities
of those with
Down Syndrome
is a great way*

*to lighten and brighten
the challenges
of those touched by Down Syndrome.*



www.eaglebankcorp.com

MD | DC | VA | 301.986.1800



PARENT PERSPECTIVE

FIRST EXPERIENCE AT *TECHNIQUES FOR SUCCESS*

by Brooke Levey, DSNMC Parent

This year, DSNMC and F.R.I.E.N.D.S. launched the first TFS for Parents program held in the evening on November 9. Fifty-six parents attended representing 11 counties in Maryland, Virginia and West Virginia. Three key topics were addressed at the parent session:

- Technology Tools for Parents by Dr. Sean Smith
- A Self-Advocate's Perspective by David Egan
- Accommodations, Modifications and Strategies by Ann Brado and Gena Mitchell

The TFS conference came at a perfect time for me. On the day of the conference, I had been struggling with the notion of my daughter's academic future. She will be transitioning to Kindergarten next year and we have several important decisions to make regarding her schooling. Earlier in the day, Helen's preschool teacher implied that she was not cognitively ready to be included in a general education setting. During the whole conversation, I kept thinking, "Who is she talking about? Does she really know my kid?" Then it dawned on me that Helen shows knowledge and understanding differently while at school than at home. I had the overwhelming feeling of having to prove what Helen knows.

As soon as I walked into TFS for Parents, I was welcomed by many friendly faces. I automatically began to feel better. I always have positive experiences when getting together with parents who have children with Down syndrome and other special needs. There is a wealth of knowledge and experience among the DSNMC parents. The sharing of this knowledge and experience has been and continues to be an amazing support for me and my family.

In addition to the support I felt from other participating parents, I felt empowered by the evening's speakers. Dr. Sean Smith, Associate Professor of Special Education at the University of Kansas and parent of a child with Down syndrome, gave a dynamic presentation about how technology can help our children learn and document our children's cognitive understanding. I am excited to check out the websites and apps that he recommended (<http://seanjsmith.pbworks.com/tfs>). I will also try documenting what Helen knows by taking video of her while doing activities at home.

David Egan, a self-advocate, was a true inspiration. I have not had many interactions with adults who have Down syndrome. As a parent of a young child with Down syndrome, I have not thought a lot about the opportunities available to her as an adult. We are taking one day at a time. Mr. Egan was very thoughtful while speaking about his life experiences with family, friends, education and work. It is important to me that all of my children become responsible participatory members of society. Mr. Egan is certainly an example to follow.

Ann Brado from MCPS and DSNMC parent, Gena Mitchell, gave a very informative presentation on how to adapt and modify lessons and curriculum for individual children. They provided parents with practical ideas to help their children learn at school and at home. They spoke about simplifying worksheets and activities so that our children with special needs do not become overwhelmed by the busyness of a worksheet. I feel confident that when Helen begins elementary school that I will become an expert in adapting and modifying curriculum to meet her needs.

For parents who missed this year's conference, I highly recommend participating next year. The more informed we are as parents, the better we can advocate for our children. Thank you to all who put effort into planning this year's TFS conference.



SHULMAN
ROGERS

GANDAL
PORDY
ECKER

Proud to support the
Down Syndrome Network of Montgomery County
2012 Buddy Walk

Don Rogers
301-230-5202
don@shulmanrogers.com

Scott Museles
301-230-5246
smuseles@shulmanrogers.com

Shulman, Rogers, Gandal, Pordy & Ecker, P.A.
12505 Park Potomac Avenue 6th Floor Potomac, Maryland 20854
ShulmanRogers.com

WHO'S WHO in DSNMC

This little glimpse inside the lives of our members is sure to educate, enlighten and inspire.



Gaithersburg . . . **Ariana Froh** (20) is big sister to Alicia and Alaina. She is a student and Best Buddy at Seneca Valley HS, cheers on two cheerleading teams, keeps moving at KEEN and competes in Special Olympics soccer. Ariana appeared in the HBO movie "Game Change."

and is a member of Stars Club. He has two sibs, Eric and Ezra, loves movies, dancing and the social scene. Eli is an accomplished actor who has worked with ArtStream theater in "Mad Men" and "Back to the Past."



Chevy Chase. . . **Eli Lewis** (21) attends Montgomery College GTP,



Bethesda . . . **Anderson**

Jones (7) is big brother to Finley (2). At Bethesda Elementary his favorite activities are PE and recess! Anderson's love of the outdoors has him swimming, hiking in the woods, kayaking, and shell-and-rock hunting on the beach. Indoors he enjoys shows and classes at Imagination Stage.

Theresa Brogan (13) is little sister to Joe, Mary Pat, Anne Marie, Eileen and Kathleen. At St. John the Evangelist Theresa plays CYO soccer and is a Girl Scout. She competes in SO track, tennis, cheerleading and basketball. Theresa loves to sing along with her favorite pop stars!

Silver Spring . . .



Bethesda, currently living in Kuala Lumpur . . . **Jake Totah** (4) is little brother to Sam (6). He attends Treetop House Montessori in KL, Malaysia. Favorite activities include soccer, dancing, watching baseball and riding tuk-tuks!

Bethesda . . . **Will Fromm** (4) is little brother to Mary and Griffin. He attends NCRC and Ashburton PEP. Will loves playing with Mary and Griffin, swimming, singing and dancing, and giving hugs. Will has memorized routines from Fresh Beat Band and The Wiggles and loves to break out in song!



Severn . . . **Libby Duvall** (13) is in the 7th grade with her twin siblings, Kyle and Abby (12) at Brooklyn Park Middle School. She loves to swim and competes every year in Special Olympics swimming. Libby also has four dogs—Sassy, EZ, CC and Murphy (her favorite).



Bethesda . . . **Lilly Sherman** (6) is a big sister to Ben, and a kindergartener at Our Lady of Lourdes. She is learning to read this year! Lilly has lived in Virginia, New Zealand, NYC and Bethesda, and has traveled to Fiji, Australia, Italy, France, Spain and Puerto Rico. Favorite place? Disney World!



Kensington. . . **Emily Myers** (5) is a pre-K student at Our Lady of Lourdes. She loves hanging out with her sisters, singing and dancing to music, and Barney!

Silver Spring. . . **Steve Sabia** (20), a graduate of Paint Branch HS, was selected as the Symbol of School Spirit in his Paint Branch Class of 2011, and has testified at Congressional briefings. He is now at Montgomery College in TTI. Steve is a fan of music, movies, and sports, especially baseball and WWE.



DSNMC EVENTS

Coffee and Conversation

2nd Tuesday of each month from
10:30 - Noon

Contact Karen O'Connor at
301-972-5138 or tkrbmo@verizon.net

WINTER DANCE

Brookside Gardens
Saturday, February 9th
5:30 – 8:30 pm

DSNMC GENERAL MEETING

Coming Soon!

See dsnmc.org or keep a watch on the
DSNMC Listserv for the date.

Volunteers Welcome for the Professional Outreach Committee

If you are interested in
reaching out to the medical
community and other
healthcare professionals,
contact Mimi Gehres at
mimi@dsnmc.org

For the latest
information and
details on all DSNMC
events and news

dsnmc.org

*HAPPY HOURS are happening! Next one will
probably be after the holidays in January. Check the
DSNMC Listserv or website. Usually 5:30 – 7:30 pm.*

Questions, contact admin@dsnmc.org

Play Groups

Saturday, December 15
10:00 AM - Noon

Winter Garden Display and Train
Exhibit at Brookside Gardens,
Wheaton

[http://www.montgomeryparks.org/brookside/
winter_display.shtm](http://www.montgomeryparks.org/brookside/winter_display.shtm)

Please email info@dsnmc.org,
or call (301) 979-1112 for more
information.

If you would like to attend a **Board
Meeting**, please contact Gena at
gena@dsnmc.org

Children and Young Adults with Down Syndrome Have a Story to Tell!

Researchers at the NIH are conducting a research study
on brain development and learning in children and
young adults with Down syndrome. All procedures
(including brain imaging, learning and memory testing)
will be completed on an outpatient basis at the NIH
Clinical Center and may be completed over 4 visits.
Each visit will take between 4-8 hours. Children and
young adults may be eligible to participate if they are
between 3 and 30 years old and have a confirmed
chromosomal diagnosis of Down syndrome.

Volunteers will be compensated for their participation.
Parent or legal guardian, child, and young adult must
agree to participation. There is no charge for research
procedures and evaluations.

For more information, contact:
Nancy Raitano Lee, Ph.D. at 301-435-4520
TTY: 1-866-411-1010
email: LNANCY@MAIL.NIH.GOV
<http://patientinfo.nimh.nih.gov>

COMMUNITY EVENTS

Potomac Community Resources, Inc.

PCR provides innovative
therapeutic, recreational, social,
and educational programs for
teens and adults with
developmental differences.

PCR is a private, nonprofit
organization that encourages
and supports the inclusion of
persons with developmental
differences into the life of our
community.

Register for programs now!

www.pcr-inc.org
[301-365-0561](tel:301-365-0561)

"Don't We Already DO Inclusion?" 10 Ways to Create Better Schools for All A Workshop by Paula Kluth

Wed - Jan 16, 2013
8:30 AM to 3:00 PM

Crowne Plaza Hotel
2004 Greenspring Drive
Timonium, MD 21093

mcie@mcie.org
410-859-5400



The Zitelman Group

Merchant and Investment Bankers

12250 Rockville Pike, Suite 200 - Rockville, MD 20852 - www.tzg.com

The Zitelman Group specializes in evaluating, valuing, financing, owning, operating and investing in closely held business and real estate entities as well as other illiquid investments.

P. Richard Zitelman, President - (240) 292-0531 rick@tzg.com
Stuart Bassin, Vice President - (240) 292-0532 stuart@tzg.com

Valuation Services, Inc.

When Value Counts
Clear, Concise, and Supportable Valuation Services

12250 Rockville Pike, Suite 200 - Rockville, MD 20852 - www.valuationservice.com

Valuation Services, Inc. is one of the premiere business valuation firms based in the Washington, D.C. area. We provide a full range of valuation services for estate planning and administration, divorce proceedings, litigation support, succession planning, and mergers and acquisitions. On a full-time and exclusive basis, VSI prepares business valuations of private entities and fractional interests in private entities.

Craig Stephanson, President - (240) 292-0533 craig@valuationservice.com
Jeff Bae, Principal - (240) 292-0537 jeff@valuationservice.com

The Meltzer Group is
proud to sponsor



6500 Rock Spring Drive
Suite 500
Bethesda, MD 20817
301.581.7300
www.meltzer.com

Securities and Investment Advisory Services offered through NFP Securities, Inc., Member FINRA/SIPC. NFP Securities, Inc. and The Meltzer Group (which also does business as The Meltzer Companies) are subsidiaries of National Financial Partners Corp. (NFP). Securities and Investment Advisory Services may also be offered through MML Investors Services, LLC, Member SIPC. MML Investors Services is not affiliated with any of the above-named entities.

Happy Holidays!

Best wishes for a prosperous New Year!

*May we each possess the grace to
celebrate life with
joy, prudence and compassion.*

Down Syndrome Network of Montgomery County



Our names are Maddie Mitchell and Morgan Wiese. We wanted to give you some things to keep in mind about your brother or sister as they grow up.

Times may be challenging but you should be supportive of your sibling and give them confidence so they will grow up to be wonderful people and an inspiration to society. You're sibling will like to be treated with the same respect as everyone else, just like you do. Personalities vary from kid to kid so you have to accept them for who they are and not try to change them. Be mindful of their sensitivity of how they are not exactly like you, because they are just like you in many ways. They want to be treated equally and the want to be like you when they grow up.

You probably already know that growing up with a sibling that has Down syndrome can be tough at times, but it also has its plus side to it. In the end, they have great qualities that make them unique individuals. They are your siblings all the same.

SIBLING CORNER

BY MADDIE MITCHELL & MORGAN WIESSE

All SIBLINGS of individuals with Down syndrome are invited to email contributions (including a photo) for consideration. Please email submissions to Maddie Mitchell at sing.act.21@gmail.com



**creative
mouse** 
photography & graphic design



DSNMC
P.O. Box 10416
Rockville, Maryland 20849
www.dsnmc.org
(301) 979-1112

*Lee este Boletín en Español?
Si es así, avísanos quienes son!*

Para ahorrar dinero en imprimir y recursos naturales, consideramos un edición distinto... lo mismo contenido y formato, en español.

NOMBRE:

DIRECCIÓN:

EMAIL:

NUMERO DE TELEFONO:

Manda su información a: admin@dsnmc.org

O manda por correo esta porción de la pagina a:

DSNMC
P.O. Box 10416
Rockville, MD 20849