

B.U.D.S. LUBBOCK

New Parent Information

FOR EXPECTANT AND NEW PARENTS OF
CHILDREN WITH DOWN SYNDROME



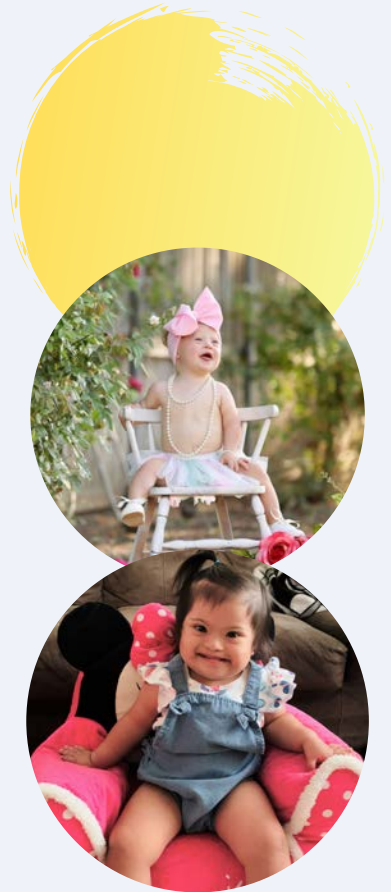
BETTER
UNDERSTANDING
OF DOWN SYNDROME

Welcome

WE ARE SO HAPPY YOU ARE HERE!

Congratulations on the birth, or expected birth, of your new baby! We understand you may have concerns, fears, and questions, and we want you to know you are not alone. There is no right or wrong way to react to a diagnosis. This may not be the story you had in mind for your family and you may experience an array of intense emotions. Embrace the journey and allow yourself some grace. On the other end, your new baby awaits to show you all of the joys and celebrations that are in store for your family.

As with any child, typical or not, there may be challenges along the way, but we want to assure you there will be even more joys! Our children are more like their peers than they are different. In the coming days and months, your best resources will be other parents. Families with children who have Down syndrome can help you look beyond your child's diagnosis. Down syndrome is a condition, and NOT who they are! B.U.D.S. is here to provide support and information for you, your family, and friends.



What is Down Syndrome?

Down syndrome is a genetic condition in which a person is born with an extra copy of chromosome 21. It is the most commonly occurring chromosomal condition with approximately 1 in every 700 babies in the United States born with Down syndrome. It can cause delays in physical and intellectual development. Your doctor will keep a close eye on a few common health issues that may come along with the diagnosis.



Did you know?

- Individuals with Down syndrome share some common features, but will naturally more closely resemble their family members.
- It is estimated that more than 400,000 people in the United States have Down syndrome.
- With stimulating home and school environments, supportive caregivers, and good health care, individuals with Down syndrome will lead fulfilling lives and develop to their fullest potential.
- Many individuals with Down syndrome participate in general education and extracurricular events with peers, work, make decisions about their lives, and contribute to society in countless ways.
- There are three types of Down syndrome: Trisomy 21 (nondisjunction) accounts for 95% of cases, Translocation accounts for about 4%, and Mosaicism accounts for about 1%.

Who We Are



B.U.D.S. is a non-profit organization based in Lubbock, TX and started by a group of moms in 1976 and officially created in 2004. Our purpose is to offer support, information, encouragement, and personal experience to families like you. Membership is free and we will help you stay informed of our programs, services, and events throughout the year.



What We Do

- Host social and educational events so that our families know one another and have an outlet for common experiences, and, most importantly, fellowship and support.
- Provide New Parent Coordinators to help support you with a new diagnosis.
- Provide a New Parent Gift to new families with children diagnosed with Down syndrome.
- Arrange meals for families of newborns and also for those families experiencing medical emergencies or other needed hospital stays.

New Parent Coordinators

B.U.D.S. offers new and expectant parents the opportunity to connect with our New Parent Coordinators, who offer support as parents who have a young child with Down syndrome. Our New Parent Coordinators provide a compassionate, nonjudgmental ear to listen, whether you have a postnatal diagnosis, or a prenatal diagnosis and have not yet made a decision on your next steps.

New Parent Coordinators offer:

- A direct connection and relationship to another parent of a young child with Down syndrome
- Someone you can ask questions, and get honest answers
- Support via phone, text, email, and in-person visits
- Support person for tours of hospitals and NICU's before a baby is born
- Visits for parents and babies in the hospital after birth or for surgery

New Parent Coordinators will provide you a welcome gift of toys, books, and resources to help get you started on your parenting journey.

To join, please email newparents@budslubbock.org. We would love to hear from you so we can get you started with the resources that will allow you and your family to get plugged in. We understand that everyone is different and we invite you to be as involved as you are comfortable with.

Next Steps & Resources

Get Plugged In

- Email us at newparents@budslubbock.org to set up an introductory appointment with a New Parent Coordinator and receive your free welcome gift.
- Visit our website at www.budslubbock.org and join our Facebook group, Better Understanding of Down Syndrome, for more resources and information on our events.
- Join The Lucky Few–Lubbock Facebook group for instant community and support as well as an invitation to our monthly The Lucky Brunch. This brunch is for our moms of children with Down syndrome. To join, email newparents@budslubbock.org and request to be added to our private Facebook page.
- Annual Meet-n-Greet is an event hosted for our New Parents. This event puts you in touch with other parents who have children with Down syndrome ranging in ages from birth to 4 years old.

Resources

- **Early Childhood Intervention (ECI)** – A state run program that promotes development and learning for children birth to 3 years old. ECI provides screenings, individual family service plans, evaluations, and therapy to young children in the comfort of their own home. Please call (806) 219-0500 or visit their website, www.lubbockisd.org/domain/1713.
- **Down Syndrome Diagnosis Network (DSDN)** – The DSDN mission is to connect, support, and provide accurate information for families with a Down syndrome diagnosis. You can visit their website for more information, www.dsdiagnosisnetwork.org.
- **National Down Syndrome Society (NDSS)** – NDSS is the leading human rights organization for all individuals of Down syndrome. They hosted the first Buddy Walk in 1995 and today there are more than 250 walks nationwide. Please visit their website to learn more about the great things they do, www.ndss.org.

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