

Patient information

Down's Syndrome

Congratulations from the team at West Suffolk Hospital on the arrival of your baby. The arrival of a new baby can be an overwhelming time with little sleep and a lot of new information, especially for first time parents. We have given you a lot of extra information because your baby has Down's syndrome. This has probably left you with many questions and feeling even more overwhelmed. You may also think of more questions when you are at home. To help with this, there is plenty of support available.



Firstly, when you are in the hospital, please do ask us any questions you might have. We are happy to go through your questions with you as many times as you need.

Once you are home, the Down's Syndrome Association is a great source of information and support. There is a lot of information on their website; they can send you information leaflets and they have a telephone helpline if you want to talk to someone. Their contact details and those of some other useful resources are listed below.

Additionally, when you go home, you will have your baby's red book with a special insert for babies born with Down's syndrome, which contains some extra information.

Your baby will have the same needs as all other babies: to feed, sleep and have love and cuddles! Any general information you have read on looking after new borns applies to your baby too; your midwife and health visitor will be able to point you to more information regarding feeding support and new parents' groups for example.

We hope you really enjoy this new-born period and enjoy getting to know your

new baby.

National organisations offering support and advice

Down's Syndrome Association

Website: <https://www.downs-syndrome.org.uk/>

Helpline: 0333 121 2300

There is an excellent section on the website entitled "New parents"; it includes lots of information leaflets to be downloaded or you can call 0333 121 2300 and ask for a pack to be sent to you.

Down's Heart Group

If your baby has any heart problems this website may also be useful to you:

<https://dhg.org.uk>

Local Support Groups

Information about local support groups can be found on the Down's Syndrome Association website. Two of our nearest local groups are listed here.

Unfortunately there is currently no group in Suffolk.

- **Cambridge Down's Syndrome Support Group**

Website: <http://www.eddies.org.uk/what-we-do/children-detail.asp?ItemID=26>

This webpage also has links to music therapy groups and singing, dancing and acting workshops which may be of interest when your baby is older.

email: dssgcambridge@gmail.com

Telephone (Matt and Laura): 07812 348189

- **Down's Syndrome Norfolk and Suffolk NHS Trust**

Website: <http://www.downsyndrome-norfolk.org.uk/>

email: dsinfo@downsyndrome-norfolk.org.uk

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the hospital website www.wsh.nhs.uk and click on the link, or visit the disabledgo website:

<http://www.disabledgo.com/organisations/west-suffolk-nhs-foundation-trust/main>