



## Top 5 Suggestions for New Parents:

1. Love your child! Above all, your child needs your love and care like any other child. Celebrate your child and remember that your child is more LIKE other children than unlike other children. Other people will take their cues from you. If you treat your child with love, respect and acceptance, so will others.
2. Contact Infants & Toddlers, Early Intervention. All you need to do is call and set up an appointment for an assessment. You don't need physicians' referrals or anything "official." Depending on your child's needs, Infants & Toddlers provides special education, speech therapy, occupational therapy, physical therapy, psychological testing, auditory assessments, and more -- all free of charge. Most services will occur at your convenience in your home or at your child's day-care facility. Early intervention is very important, and services should start as soon as possible. [www.aacps.org/infants/itp.asp](http://www.aacps.org/infants/itp.asp). 410.222.6911.
3. Qualify your pediatrician. Ask your doctor if they are knowledgeable, comfortable and feel able to provide objective, quality care for your child. Your pediatrician can be a great resource and can suggest other specialists for your child. Also, please make sure that your pediatrician has a copy of the healthcare guidelines for children with Down syndrome available in this New Parent Packet and from [www.ndss.org](http://www.ndss.org).
4. Contact a Down syndrome Clinic. There are several in our area which families visit. Clinics are similar to seeing a developmental pediatrician.
  - Dr. Kenneth Rosenbaum, Children's National Medical Center, 202-884-2187
  - Dr. George Capone, Kennedy Krieger's Down Syndrome Clinic, 888.554.2080 or visit [www.kennedykrieger.org](http://www.kennedykrieger.org).
5. Contact and utilize other resources.
  - Anne Arundel County Down Syndrome Connection. Social events, monthly meetings, resource guide, listserv, newsletters and more. Join our email listserv by sending an email to [www.downsyndromeconnection.com](mailto:info@downsyndromeconnection.com)
  - National Down Syndrome Society. Contact and request additional information. [www.ndss.org](http://www.ndss.org). 800-221-4602.
  - National Down Syndrome Congress. [www.ndsccenter.org](http://www.ndsccenter.org).
  - State of Maryland Department of Health and Mental Hygiene. Contact and submit a Department of Disabilities Administration (DDA) application so that your child is "known" by the DDA. They will do an intake interview and tell you about some of their services. One such program is "Rolling Access". If the funds are available, your child is eligible for up to \$2000 of "rolling access money" each year to be used for therapies, learning tools, adaptive equipment, prescriptions, therapeutic camps or other items or services related to your child's disability. There are no income limitations/standards to apply for these funds. Right now, you may not be able to think of anything your child needs. Fill out the application anyway since it may take up to a year for them to process. [www.dhmd.state.md.us](http://www.dhmd.state.md.us). 877-874-2494.
- Many more ideas available on our Resource Guide.