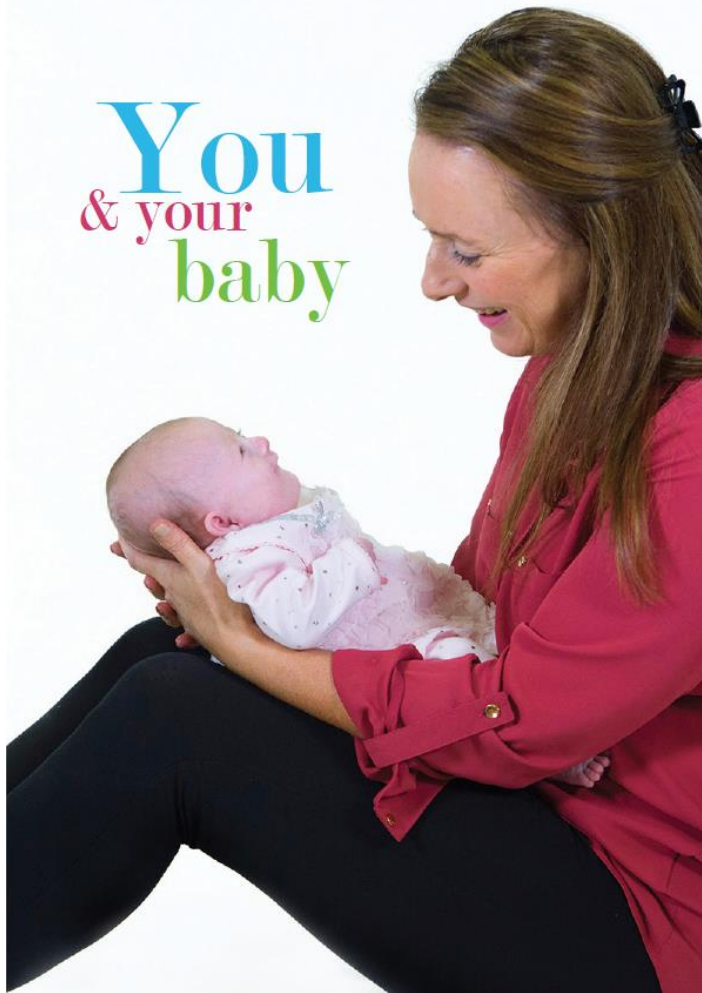


You
& your
baby



These postcards are designed to help you identify when you and your baby may need extra support from a specialist professional like a Physiotherapist, Occupational Therapist or Dietician. This is part of a national care pathway that will guide you and your child until they are 36 months old.

On the front of each postcard you will find the topic and stage that the postcard refers to.

We hope that you find these helpful but always remember that no issue is too big or too small – if you have any questions, please contact Down's Syndrome Scotland on 0131 442 8840.

Breastfeeding Support

If you are breastfeeding, we can put you in touch with other mums who are happy to share their experience and knowledge with you. Please contact us on the number above for more information.



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Government



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ACTIVE & INDEPENDENT LIVING
IMPROVEMENT PROGRAMME

Down's Syndrome Scotland
Riverside House

502 Gorgie Road Edinburgh EH11 3AF
0131 442 8840

info@dsscotland.org.uk www.dsscotland.org.uk

Holding &
 moving
 at birth



For discussion between you and the Midwife and/or the Paediatrician, prior to discharge from hospital:

- ❖ Is your baby so floppy that positioning and handling is difficult?
- ❖ Does your baby have any respiratory difficulties?

If you answer 'yes' to either of the above questions, please ask them to contact the Physiotherapist and Paediatric Dietitian for extra support prior to going home.



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A woman with long, straight, light brown hair is sitting in a bright red armchair. She is wearing a white short-sleeved t-shirt and blue denim jeans with a hole at the knee. She is smiling and looking down at a baby who is breastfeeding. The baby is wearing a blue patterned onesie and white socks. The background is a plain, light-colored wall.

Feeding at birth

For discussion between you and the Midwife,
prior to discharge from hospital:

- 👉 Is extra time and support needed for your baby to latch on when feeding?
- 👉 Does your baby regularly take more than 30 minutes at each feed?
- 👉 Does your baby's breathing sound noisy or 'gurgly' after feeding?

If you answer 'yes' to any of the above questions, please ask the Midwife to contact the feeding specialist for extra support prior to going home.



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Movement
3 at
months



Please ask your Health Visitor to go through these questions with you, when they visit:

- 🦋 Are you confident handling your child?
- 🦋 Is your child active on a playmat and moving all four limbs?
- 🦋 Is your child happy lying on his/her tummy?

If the answer is 'no' to any of the above questions, please ask the Health Visitor to contact your paediatric physiotherapy department to make a request for support.



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Weaning at 6 months



Please ask your Health Visitor to go through these questions with you, when they visit:

-  Can your child sit in their high chair, without flopping forward or to the side?
-  Can your child place their hands on the tray of the high chair?
-  Is your child interested in looking at food and/or the spoon?
-  Is your child within healthy range on the Down's syndrome growth charts?

If the answer is 'no' to any of the above questions, please ask the Health visitor to contact the Paediatric Dieticians and the Paediatric Occupational Therapists to make a request for support.



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Vision at 18 months



- ❖ Does your child respond to you smiling by smiling back when no sounds are made?
- ❖ Does your child follow a moving object when no sounds are made?
- ❖ Are your child's eyes steady when they look at you?
- ❖ Has your child had an eye examination by an orthoptist and/or any other eye care professional within the hospital since they were a young baby?

If the answer is 'no' to any of the above questions or if your child appears to have a squint, please ask the Health Visitor to contact your Orthoptic department to make a request for further support.



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