

We work to help people with Down's syndrome reach their potential through every age and stage of life.



Down's
Syndrome
Scotland

helping people realise their potential

Achieving Better Communication (ABC) Programme



About our Achieving Better Communication (ABC) Programme

Our ABC programme delivers communication support, via weekly sessions, for individuals with Down's syndrome from birth into adulthood.

Sessions are delivered by trained ABC tutors and can be accessed in a variety of settings, including online from home, school or nursery. Each session incorporates a range of stage appropriate activities to support and develop the communication skills of your child.

The activities and approach are drawn from research findings on the learning style and specific profile of language development in children with Down's syndrome.

How the Programme works

Our ABC programme provides a mixture of sessions, activities & resources to support participants' communication development throughout the year. We are delighted that we can deliver the programme at a subsidised cost of £15 per month for members of Down's Syndrome Scotland, which is payable by monthly standing order. We do also offer a reduction of one month free if 12 months are paid in advance.



Structure of the ABC Programme

Sessions start from birth with our **ABC First Steps** groups through to our **Main Programme** and then onto young adults with our **ABC Next Steps** programme.

ABC First Steps

These groups are for families with children from birth to around aged 3. Sessions introduce songs, sounds, oral motor exercises, stories, rhymes and games to encourage early communication development.

ABC Main Programme

These groups are for families with children aged 3 to around school leaving age (about 18). The main programme is split into three stages of communication. More information on these can be found at our website.

ABC Anytime

This is a programme of weekly recorded sessions, which offer families flexibility around when and where they access ABC and is suitable for children aged 3 to around 12. Many families choose ABC Anytime as it suits their child's learning style, is flexible to family life and can be shared with school to use as part of their weekly timetable.

ABC Next Steps

This is our post school provision for all adults aged 18+. These sessions focus on literacy and communication. Depending on need and communication stage, individuals work in small groups and sometimes 1-1 with a tutor, focussing on skills such as reading and writing incorporating topical vocabulary, news and conversational skills.

Makaton Signing for babies

Our Makaton Signing for Babies is a free 6-week block of sessions for parents and babies. Sessions incorporate communication exercises, songs and stories, with the teaching of Makaton signs from the Makaton Signing for Babies book, which we gift to you. Each family also receives a bag of hand-made nursery rhyme finger puppets to use with their child on this first step of their communication journey.

Choir 21

We also run CHOIR 21, a free weekly Makaton sing and sign session for children aged 10+, teens, adults and family members.

"The class has been so important to my daughter and I couldn't do without it! Her clapping and waving has come on so much because of the songs we do in the class."

"We attended an ABC session with Dawn this morning, my son absolutely loved it, he was focused and engaged throughout. He really enjoyed doing the familiar sound work that he remembers from his weekly sessions and was delighted with the singing and signing."



For more information about joining our ABC programme please call us on 0300 030 2121 or email abc@dsscotland.org.uk

Communication support for professionals

We work to support a large variety of organisations who support individuals with Down's syndrome, including education professionals, club volunteers and personal support assistants at nursery, pre-school, primary and secondary levels and beyond, providing them with information, strategies, and support for them in their role.

We provide seasonal Makaton workshops and Communication Skills training for professionals and parents throughout the year. We can also provide bespoke Makaton and Communication Skills training for your organisation's specific needs. You can find out more about these training sessions and the dates of our upcoming sessions at our website www.dsscotland.org.uk.

If you would like more information about the communication support we can provide, please get in touch by calling 0300 030 2121 or by emailing abc@dsscotland.org.uk.

“We are enjoying ABC Anytime as we can do it when we can fit it in. My son is now joining in and enjoying it. He is able to match the letters which you show from his own letter cards.”

Down's Syndrome Scotland is a registered charity in Scotland and we rely on donations to carry out the vital work we do in supporting families.

If you are interested in supporting us please visit www.dsscotland.org.uk or give us a call today.



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