

- Macho yaliyoinama juu
- Masikio yasiyo ya kawaida
- Misuli iliyojibana

#### Matibabu ya hospitalini

- Hakikisha moyo unakaguliwa katika miezi ya kwanza baada ya kuzaa. Matatizo mengi ya moyo yanayotokea yanaweza kutibiwa kupitia upasuaji.
- Kagua utendakazi wa kikoromeo mara moja kwa mwaka: kuongeza uzito, kukimya sana, kukosa hamu ya kula na kukosa kuenda choo, nywele chache na ngozi ngumu zinaweza kuwa dalili za kwanza.
- Kagua hali ya kusikia mara kwa mara hasa ikiwa mtoto wako ana uwezekano wa kupata maradhi masikioni. Hii ni muhimu katika ukuaji wa uwezo wa kuongea.
- Kagua macho yake mara kwa mara.
- Kuwa makini zaidi kwenye usafi wa meno na mdomo ili kuzuia maradhi.
- Ikiwa mtoto wako haonekani kuwa sawa, mpeleke katika hospitali iliyo karibu nawe. Huenda ni ugonjwa wa nimonia.

#### Matibabu ya nyumbani.

- Ikiwa ngozi ya mtoto wako inaonekana kuwa ngumu na kavu, mpake mafuta.
- Sehemu ya pua huwa haijakua vizuri na inajaa kwa urahisi. Mtoto wako anaweza kupumua mdomo ukiwa wazi na anaweza kuutoa ulimi nje. Hakikisha mtoto wako hana baridi na usimpe vinywaji baridi. Kupuliza na kunyonya kunaweza kusaidia katika ukuaji wa misuli ya ulimi.
- Mara nyingi huwa wana kinga ya chini na hivyo wana uwezekano wa kupata baridi na mafua. Hakikisha

mtoto wako anakula mlo kamili pamoja na matunda na mboga.

- Mtoto wako atafaidika kwa kucheza na kuhimizwa ili kuboresha ukuaji wa nguvu ya misuli na ushirikiano baina ya pande za mwili.

Si watoto wote walio na udumavu huwa na dalili zilizotajwa hapo juu.

#### Matibabu ya mapema

Watoto waliozaliwa na udumavu wana hali ya kudumu ambayo haiwezi kutibiwa. Matibabu yanayofaa na ya mapema yanajumuisha tiba ya mazoezi, mazoezi ya kuongea, masomo maalum, mazoezi ya kucheza na kuchangamsha yanaweza kumsaidia mtoto wako afikie uwezo wake wa kuishi maisha ya heshima na ujuzi wa kuishi kwa kujitegemea.

Watoto wengi wenye udumavu wanashirikishwa katika hali za kawaida na wanaenda katika shule za mtaani mwao pamoja na wenzao. Wanahitaji kufanya mazoezi zaidi na shughuli kadhaa na kwa hatua chache. Huenda wakahitaji msaada wa ziada shuleni.

Wazazi wenye maarifa wanaleta tofauti kubwa katika ukuaji wa mtoto. Makundi ya kusaidiana ya wataalamu wa mazoezi, walimu, watoaji huduma wengine na wazazi yanapatikana ili kumsaidia mtoto wako pamoja nawe kama familia.

Wazazi walioelimika wanaleta tofauti kubwa katika ukuaji wa mtoto wao.

#### OTHER SEP BROCHURES

- Autism Spectrum Disorder
- Cerebral Palsy
- Communication Disorder
- Hydrocephalus
- Learning Disabilities
- Rickets
- Rights for Children with Disabilities
- Spina Bifida

#### THIS IS ME


My name is Samuel, I have Autism


My name is Gloria, I have Down syndrome


My name is Peter, I have Cerebral Palsy

#### CONTACT DETAILS

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SPECIAL  
EDUCATION  
PROFESSIONALS

**DOWN  
SYNDROME**



## MY CHILD HAS DOWN SYNDROME

Your child with Down syndrome will reach all developmental milestones just a little later than their peers. On average babies with Down syndrome may sit at 11 months, crawl at 17 months, and walk at 26 months. Your baby is eager to communicate and has a big capacity to imitate and mime. Your baby is usually friendly and sweet, has a great sense of humor, and laughs a lot. Early stimulation can help your child maximize his or her potential to be an active and independent member in the community.

### What is Down Syndrome?

Down syndrome typically diagnosed at birth is a genetic condition caused by the presence of an extra chromosome in a baby's cells. The extra chromosome results in general developmental delay.

### What causes Down Syndrome?

It is not yet known what causes the origin of the extra chromosome and medical research is ongoing. The risk of having a child with Down syndrome increases with advancing age of both parents, yet 80% of children with Down syndrome are born to women under 35 years of age.

### Signs to watch out for

At birth, babies with Down syndrome usually have certain characteristic signs, including:

- flat facial features
- small head and ears
- short neck

- bulging tongue
- eyes that slant upward
- atypically shaped ears
- poor muscle tone

### Medical Interventions

- Have the heart checked during the first months after birth. Most of the occurring heart problems can be cured through an operation.
- Check the thyroid function once a year: gaining weight, passivity increase, less appetite and constipation, thinner hair and dryer skin can be first signals.
- Check hearing regularly especially if your child is prone to having ear infections. This is important for speech development.
- Check vision regularly.
- Give extra attention to teeth and mouth hygiene to avoid infections.
- If your child looks unwell, take your child to the nearest medical facilities. It could be pneumonia.

### Home Interventions

- When your child's skin appears dry and rough apply some moisturizing oil.
- Nasal passages are often not or poorly developed and become easily congested. Your child may breathe through an open mouth and may have the tongue out. Keep your child warm and avoid cold drinks. Blowing and sucking can help build up the tongue muscle.
- They tend to have a low immunity system, therefore are prone to colds and flu's. Ensure your child has a well balanced diet with lots of fruits and vegetables.

- Your child will benefit from play and stimulation to enhance the development of muscle strength and coordination.

Not all children with Down syndrome manifest all above mentioned medical characteristics.

### Early Intervention

Children born with Down syndrome have a lifelong condition that cannot be cured. Proper medical treatment and early intervention involving physiotherapy, occupational therapy, speech therapy, special education support, and intensive play and stimulation can help your child reach his or her potential to lead a life with dignity and independent living skills.

Many children with Down syndrome are included in regular classes and go to their neighbourhood school along with their peers. They need more practice and a variety of activities and in little steps. They may need extra support in school.

Informed parents make a big difference in the child's development. Therapists, teachers, other service providers, and parents support groups are available to support your baby and you as a family.

Empowered parents make a big difference in the development of their child.

## MTOTO WANGU ANA HALI YA UDUMAVU (DOWN SYNDROME)

Mtoto wako aliye na hali ya udumavu atafika katika hatua zote za kukua kuchelewa kuliko watoto wenzake. Kwa kawaida watoto wenye udumavu huenda wakakaa wakiwa na miezi 11, watambae wakiwa na miezi 17 na watembe wakiwa na miezi 26. Mtoto wako ana hamu ya kuzungumza na ana uwezo mkubwa wa kuiga. Mtoto wako huwa ana urafiki na ni mzuri kwa watu, ni mcheshi na anacheka sana. Kumhimiza mapema kunaweza kumsaidia mtoto wako awe na bidii na kujitegemea katika jamii.

### Udumavu (Down Syndrome) ni nini?

Udumavu uliotambuliwa wakati wa kuzaa ni hali ya kijenetiki inayosababishwa na kuwepo kwa kromosomu ya ziada kwenye chembe za mwili wa mtoto. Hiyo kromosomu ya ziada inachangia katika kuchelewa kwa ukuaji wa mtoto.

### Udumavu husababishwa na nini?

Haijabainika ni nini husababisha kuwepo kwa kromosomu ya ziada na utafiti wa kiafya bado unaendelea. Hatari ya kupata mtoto mwenye udumavu inaongezeka kadri miaka inavyosonga kati ya wazazi wote wawili, ilhali asilimia 80 ya watoto walio na udumavu wanazaliwa na wanawake walio chini ya umri wa miaka 35.

### Dalili za kuzingatia

Wakati wa kuzaa. Watoto walio na udumavu huwa wana dalili fulani zikiwemo:

- Sehemu ya uso inakuwa iliyojisawazisha.
- Kichwa kidogo na masikio madogo
- Shingo fupi
- Ulimi uliovimba