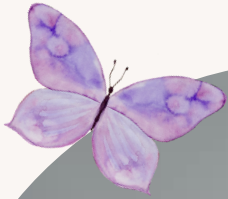


A FEW TIPS TO GET YOU STARTED...



BUCKS COUNTY DOWN SYNDROME INTEREST GROUP

WELCOME TO THE LUCKY FEW!

We are happy to welcome you to the club. "The lucky few" was a term coined by a group of mothers to describe the unique experience of having a child with Down syndrome. Whether you received a pre-natal diagnosis, or if you had a birth surprise, we are families who have been there. The beginning comes with many emotions. We are here to tell you, the best is yet to come!

Congratulations...we can't wait to meet you!

Be gentle with yourself

Emotions are BIG at the beginning. And you may feel them all. Or you may feel numb. Any feelings are OK! They will come and go. They will take you high and take you low. Be gentle on yourself.

TRY dsdiagnosisnetwork.org



Be gentle with loved ones

There is no guidebook on how to deliver a diagnosis, or how to receive one. You may get many well meaning but strange responses at the beginning. Go easy on your loved ones. This includes your partner. They are processing as well. They will follow your lead. Don't be afraid to tell them how they can support you.

TRY lettercase.org



One step at a time

It's easy to become overwhelmed with the many "what ifs" about your child's future. The steps to take will reveal themselves as needed. Take one step at a time. Top priorities - Take care of yourself. Take care of and love on your baby.

TRY downsyndromepregnancy.org



Extra Chromosomes = Extra Love



Bucks County Down Syndrome Interest Group is a collection of families. When you are ready, we are here to support you! You can find us at bcdsig.org or on FB for resources or support. Or if you are only ready to stalk us online, we are ok with that too! We have all been where you are!

Congratulations on the start of this amazing journey!

Bucks County Down Syndrome Interest Group

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