

Celebrate World Down Syndrome Day!

03/21/23

It only takes a few minutes to make a difference.
Here are some tips to help you spread the word:

1 MINUTE:

- Tell your friends on social media that 3/21 is World Down Syndrome Day
- Wear your Step Up for Down Syndrome shirts this month

5 MINUTES:

- Ask your local library if they have books on Down syndrome and if so to display for the month (as long as they are up to date)

10 MINUTES:

- Spread the word about an employee at a local store who has a disability
- Share a fact a day about Down syndrome with friends and family

15 MINUTES:

- Share a proud moment of your child or loved one with DS via social media
- Mail a picture and update on your child to your obstetrician to help them foster positive attitudes

30 MINUTES:

- Talk to your child's class about Down syndrome
- Donate books about Down syndrome to your local school or library
- Write a letter to the editor of your local paper asking them to celebrate World Down Syndrome Day

60 MINUTES:

- Have a party to celebrate your loved one with Down syndrome
- Invite one of your child's classmates over to play

**Our kids are
more alike than
different!**