



# Down Syndrome

DOWN SYNDROME

1 Dr. Majid Ghayour Mobarhan

Nutritionist from the UK

Also, the tongue may appear larger due to the arched palate, smaller oral cavity, and decreased muscular sound of the tongue. Teeth tend to appear in later stages. Many children breathe because their nasal passages are smaller and may have difficulty coordinating sucking, swallowing, and breathing while feeding. All of these factors can affect how well a baby's oral skills are fed.

Mothers of babies with Down syndrome may have no problem breastfeeding, while other mothers may bottle-feed their mothers. Some babies have no problem introducing solid foods and successfully follow the natural process of weaning. Sometimes parents prefer to delay the process of breastfeeding, it depends on their child's feeding skills.

Babies with increased oral sensitivity often have difficulty accepting new tastes and textures - the intervention of a speech and language specialist in the early stages encourages motor and nutritional skills of the mouth. Some babies with Down syndrome may need the support of a pediatric nutritionist for nutritional problems, weight gain, weaning advice, and oral allergies.



## Down syndrome and Diet-Related Issues

▶ **Food intolerance and allergies:** Some parents of children with Down syndrome often want to eliminate cow's milk from their child's diet because of symptoms such as nasal congestion or runny nose, wheezing, irritability, colic, and crying.

**Heart defects:** 40-50% of babies with Down syndrome have congenital heart defects, from heart murmurs to more severe conditions that require heart surgery. Infants who need heart surgery benefit from the intervention of a pediatric nutritionist to provide nutritional support before and after corrective heart surgery.







Small ears , A tongue that tends to come out of the mouth , Tiny white spots on the iris (colored part) of the eye, Small arms and legs , A line on the palm (palm fold) , Pink little fingers that sometimes bend towards the thumb, Weak muscle tone or loose joints , Short stature in children and adults

► **What is Down syndrome?** ◀

Down syndrome is a disease in which a person has an extra chromosome. Chromosomes are small "packages" of genes in the body. They determine how the baby's body is formed during pregnancy and how the baby's body functions during growth in the womb and after birth. Typically, a baby is born with 46 chromosomes. Babies with Down syndrome have an extra copy of one of these chromosomes, chromosome 21. The medical term for having an extra copy of a chromosome is "trisomy". Down syndrome is also known as trisomy 21. This extraversion changes the way the baby's body and brain grow, which can create mental and physical challenges for the baby.

► **Some common physical features of Down syndrome include** ◀

Flat face, especially the bridge of the nose,  
Almond-shaped eyes that are inclined,  
A short neck



► **Growth** ◀

Children with Down syndrome have a different growth pattern than the general population.

Their average height is shorter, their head circumference is shorter, and their growth rate is slower at 3 to 36 months of age.

Growth in children with Down syndrome must be closely monitored. Height and weight should be plotted using growth charts for children with Down syndrome from birth to 18 years.

► **Nutrition** ◀

Babies with Down syndrome may have eating and drinking problems. Smaller oral cavity and low muscle tone in facial muscles can be effective factors in this regard.