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Down Syndrome Parenting 101: Must-Have Advice for Making Your Life Easier by Hale, Natalie (2012) Paperback

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Down Syndrome Parenting 101 is a savvy and inspirational guide for parents, grandparents, and anyone who shares life with a person with Down syndrome! It's full of uplifting advice and best practices gleaned from Hale's personal and professional experiences raising a son, now an adult, and 20 years spent tutoring children, teens, and adults with Down syndrome. Down Syndrome Parenting 101 offers realistic wisdom and support concerning a host of important issues that parents may confront during their child's lifespan. Equal parts mentor, humorist, and cheerleader, the author takes readers by the hand and walks them through various life stages, hallmark experiences, and introduces them to the people they?ll encounter. She discusses everything from recognizing and celebrating your child's personality and gifts, finding a great teachers and therapists, interacting with medical professionals, to learning how to encourage discipline (insisting on chores, for example) and independence, dealing with school issues, and acknowledging your child as an adult. Dozens of lively and amusing anecdotes feature an array of entertaining characters -- the author's students, her son and his friends ? helping to underscore the authors? invaluable observations and guidance. Chapters are short so busy parents can read them individually or sequentially. And, an added bonus is the foreword by Martha Beck, parent of a child with Down syndrome and author of the New York Times bestseller, Expecting Adam. This upbeat book is the one to turn to when you need validation and perspective.

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