

DEVELOPING COMMUNICATION IN CHILDREN WITH DOWN SYNDROME: A CARING, STRENGTHS-BASED APPROACH

For parents, family caregivers, and professionals supporting children with Down syndrome

From theory to daily, practical strategies with visual supports and DYNSEO tools

Duration : 2 hours	Modules : 5 modules
Lessons : 14 lessons	Audience : Parents, family caregivers, professionals
Format : 100% online, asynchronous	Provider : N° 11757351875
Certification : Qualiopi	Price : On request

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Course description

This training offers comprehensive support to help children with Down syndrome develop their communication skills. It combines theoretical knowledge about the communicative particularities of these children with practical strategies applicable in daily life. The approach is caring and values both the strengths of the child and the solutions to the difficulties encountered. Participants will learn to create a communication-friendly environment, stimulate oral language through daily activities, and use DYNSEO digital tools to support development.

Module summary

MODULE 1	Understanding the Specificities of Communication in Down Syndrome	3 lessons
MODULE 2	Creating an Environment that Facilitates Communication	3 lessons
MODULE 3	Supporting Oral Language in Daily Life	3 lessons
MODULE 4	Managing Frustrations and Encouraging Positive Communication	3 lessons
MODULE 5	DYNSEO applications to stimulate communication	2 lessons

Learning objectives

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- Understand the physiological and developmental particularities that impact oral communication
- Identify the communicative strengths of children with Down syndrome and use them as learning leverage
- Recognize signs of frustration related to communication difficulties and respond appropriately
- Establish a communication-friendly environment using visual supports, adapted instructions, and exchange routines
- Stimulate oral language daily through articulation games, vocabulary enrichment, and reading-singing-repetition
- Support the child in expressing their needs and managing frustrations while promoting autonomy
- Use DYNSEO digital tools to support the development of communication

General information

Duration	2 hours – 5 progressive modules for self-study
Target audience	Parents, family caregivers, and professionals supporting children with Down syndrome
Prerequisites	None, training accessible to all adults
Price	Sur devis - TVA non applicable (article 261-4-4° du CGI)

Certification	Qualiopi - Attestation de fin de formation
Organization	DYNSEO - N° de déclaration d'activité : 11757351875

MODULE 1**Understanding the Specificities of Communication in Down Syndrome**

3 lessons

Lesson 1 - Why oral communication is sometimes more difficult

- Oro-facial hypotonia and its impact on speech
- Articulation difficulties
- Slower vocabulary development

Lesson 2 - The communicative strengths of children with Down syndrome

- Great expressiveness and non-verbal communication
- Understanding often better than expression
- Strong social motivation

Lesson 3 - Signs of Frustration Related to Communication

- Anger without apparent reason
- Withdrawal and silence
- Emotional outbursts

MODULE 2**Creating an Environment that Facilitates Communication**

3 lessons

Lesson 1 - Using Visual Aids (pictograms, images, gestures)

- Pictograms: thematic boards to point at
- Real photos: communication notebook, display of routines
- Gestures and signs: baby sign language or LSF to support speech

Lesson 2 - Making instructions short, simple, and predictable

- Phrases of 3 to 6 words maximum, one instruction at a time
- Positive formulations (say what to do, not what not to do)
- Always use the same words for the same situations
- Accompany instructions with clear gestures

Lesson 3 - Setting Up Exchange Routines (Morning, Meals, Play)

- Predictability reduces anxiety
- Repetition promotes learning
- Routines create communicative expectations
- Concrete examples: morning, meal, and play routines

MODULE 3**Supporting Oral Language in Daily Life**

3 lessons

Lesson 1 - Games and Activities to Develop Articulation

- Muscle strengthening: grimaces, soap bubbles, straw games, noisy kisses
- Sound games: animal noises, vehicle sounds, action songs
- Reacting to approximations: reformulation, expansion, patient waiting

Lesson 2 - Enriching Vocabulary with Life Moments

- Language bath: commenting on what we do and what the child does
- Transforming daily situations into learning (supermarket, walk, bath)
- Extending the child's words into complete sentences
- Repeating words in different contexts

Lesson 3 - Read, Sing, Repeat: The Winning Trio

- Reading: dramatize, point out images, ask questions, reread books
- Singing: facilitates memorization, slows down pace, creates shared enjoyment
- Repetition games: echo, fill-in-the-blank sentences, ritualized dialogues

MODULE 4**Managing Frustrations and Encouraging Positive Communication**

3 lessons

Lesson 1 - Helping the child express their needs differently

- Observe and note situations that generate frustration
- Set up a pictogram or gesture for 'help me'
- Use an emotions board to name what they feel
- Anticipate sensitive moments (transitions, waiting, hunger)
- Validate emotions even when we cannot meet the request

Lesson 2 - Reacting After a Frustration Related to a Misunderstanding

- Stay calm and show empathy
- Offer other communication channels (pointing, pictograms, drawing, gestures)
- Turn the situation into a guessing game to diffuse tension
- Accept not always understanding and honestly tell the child
- Revisit the situation after calm to find strategies together

Lesson 3 - Encourage without overprotecting, and celebrate progress

- Avoid anticipating all needs before the child expresses them
- Introduce short waiting times to create opportunities for communication
- Gradually give more communicative responsibilities
- Celebrate every small progress (new syllable, pictogram use, word attempt)
- Keep a long-term vision: compare the child to themselves, never to others

MODULE 5

DYNSEO applications to stimulate communication

2 lessons

Lesson 1 - COCO THINKS and COCO MOVES

- Application for children aged 5 to 10
- More than 30 educational games: memory, logic, language, math, attention
- Adaptive difficulty levels according to the child's pace
- Mandatory sports break every 15 minutes (jumping, dancing, stretching)
- Inclusive design with health professionals

Lesson 2 - MY DICTIONARY

- Image communication application on tablet
- Pictograms organized by categories: objects, activities, food, places, people, emotions
- The child points to express needs: 'I'm hungry', 'I'm hurt', 'I want to play'
- Customizable: adding photos of family, home, favorite toy, friends, school
- Reduces frustration outbursts by providing a concrete way to express themselves

Teaching methods

- Self-study online training
- Accessible 24/7 from any device
- Progressive modules with practical activities
- Final quiz to validate knowledge
- Certificate of completion delivered upon finishing