

HELPING YOUR CHILD WITH DOWN SYNDROME MANAGE THEIR EMOTIONS

SUPPORTING DAILY ANGER, TEARS, FRUSTRATIONS, AND HYPERSENSITIVITY

For parents, grandparents, family caregivers, and relatives of children with Down syndrome

Understand intense emotions and build regulation skills with practical tools to use at home

Duration : 2 to 3 hours	Modules : 5 modules
Lessons : 11 lessons	Audience : Parents and family caregivers of children with Down syndrome
Format : 100% online, asynchronous	Provider : N° 11757351875
Certification : Qualiopi	Price : On request

www.dynseo.com/nos-formations | contact@dynseo.com | 09 66 93 84 22

Course description

This training helps you understand why your child experiences their emotions with such intensity and how to help them gradually develop their emotional regulation skills. You will learn to identify the triggers of crises, recognize the warning signs to intervene in time, and implement appropriate visual tools and routines. Through concrete explanations and immediately applicable strategies, you will discover how to transform difficult moments into opportunities for learning and bonding. You will leave with concrete tools and strategies that can be applied at home starting tonight.

Module summary

MODULE 1	Understanding Emotions in Children with Down Syndrome	3 lessons
MODULE 2	Helping the Child Express Their Emotions	3 lessons
MODULE 3	Managing Crises and Frustrations	3 lessons
MODULE 4	Developing Emotional Confidence	3 lessons
MODULE 5	The DYNSEO Applications	2 lessons

Learning objectives

Learning objectives

- Understand the neurological reasons for emotional intensity in children with Down syndrome
- Identify the 6 common triggers of crises and recognize warning signs
- Create appropriate visual supports: emotion cards, thermometer, wheel, pictograms
- Build a simple emotional vocabulary with the 4 fundamental emotions
- Establish emotional release routines: calm corner, breathing techniques, anger box
- Maintain a firm yet reassuring framework during a crisis
- Use calming techniques: breathing, repetitive movements, deep pressure
- Manage the post-crisis phase: recovery, verbalization, exploration of alternatives
- Value your child's emotional efforts and celebrate small victories
- Create a predictable environment with visual schedules and transition rituals
- Anticipate difficult situations with social stories and preparatory role-playing

General information

Duration	2 to 3 hours of online training divided into 5 progressive modules
-----------------	--

Target audience	Parents, grandparents, family caregivers, and relatives of children with Down syndrome who wish to better understand their intense emotional reactions and acquire concrete tools to support them with serenity
Prerequisites	None, training accessible to all adults
Pricing	Sur devis - TVA non applicable (article 261-4-4° du CGI)
Certification	Qualiopi - Attestation de fin de formation
Training organization	DYNSEO - N° de déclaration d'activité : 11757351875

Lesson 1 - Lesson 1: Why Emotions are Sometimes Intense

- Slower development of the prefrontal cortex (emotional regulation area)
- Language delays creating a gap between feeling and expression
- Increased sensitivity to sensory stimuli (sounds, textures, lights)
- Difficulty understanding social codes and facial expressions
- Emotional intensity = neurological reality, not a character flaw

Lesson 2 - Lesson 2: Common Triggers

- Physical and cognitive fatigue (frequent crises at the end of the day)
- Unforeseen events and changes in routine (need for predictability)
- Misunderstandings and complex instructions (double frustration)
- Transitions between activities and sensory overload
- Practical exercise: note crises over a week (time, context, trigger)

Lesson 3 - Lesson 3: Identifying Signs Before the Crisis

- Physical signs: tense shoulders, clenched fists, rapid breathing
- Behavioral changes: agitation or withdrawal, refusal to respond
- Communication modifications: changing tone, repetitions, stuttering
- Visual scale from 1 to 5 with colors (calm green → crisis red)
- Intervention window of a few minutes between signs and crisis

Lesson 1 - Lesson 1: Visual Aids

- Emotion cards illustrating basic emotions (joy, sadness, anger, fear)
- Emotional thermometer with movable slider (green → red)
- Wheel of emotions with colored sectors and pictograms
- Daily chart and need cards: 'I'm hungry, I'm tired, I need a hug'
- Share materials with school, grandparents, nanny for consistency

Lesson 2 - Lesson 2: Building a Simple Emotional Vocabulary

- Start with four basic emotions: happy, sad, angry, scared
- Verbalize your own emotions daily (modeling)
- Identify characters' emotions in stories and cartoons
- Build simple reusable sentences: 'I am happy when...'
- Link emotions to physical sensations (heart racing, tight stomach)

Lesson 3 - Lesson 3: Emotional Release Routines

- Set up a quiet corner dedicated (cushions, sensory objects, books)
- Breathing techniques: inflate a balloon, blow out a candle
- Daily physical releases: trampoline, boxing bag, running, rolling
- Anger box: draw anger on paper and put it in the box
- Daily drawing to express feelings and emotional assessment

Lesson 1 - Lesson 1: Maintaining a Firm yet Reassuring Framework

- Ensure safety: child, you, environment (first mission)
- Stay calm: deep breathing, low voice, slow gestures
- Appropriate posture: at child's height, open posture
- Simple and repetitive phrases: 'You are safe', 'I am here'
- No punishment during crisis, no giving in to initial refusal

Lesson 2 - Lesson 2: Techniques for Calming Down

- Breathing: inhale 1-2-3, exhale 1-2-3-4-5 (lengthen exhalation)
- Repetitive movements: rocking, jumping in place, tapping hands
- Deep pressure: big hug, heavy blanket, ball under cushions

- Positive isolation: quiet corner or room as refuge (not punishment)
- Attention redirection: bird at window, favorite music, book

Lesson 3 - Lesson 3: What to Do After the Crisis

- Quiet recovery time: arms, gentle activity, calming cartoon
- Talk about what happened once calm has returned
- Reconstruct sequence with visual tools (green → orange → red cards)
- Explore other ways to react for next time
- Crisis journal: date, time, trigger, duration, what helped

MODULE 4

Developing Emotional Confidence

3 lessons

Lesson 1 - Lesson 1: Valuing Emotional Efforts

- Celebrate small steps: saying anger instead of hitting
- Immediate recognition of observed efforts
- Progress chart with stickers (visualization, not material reward)
- Evening ritual: recount moments of good emotional management
- No comparison with siblings or peers (personal progression only)

Lesson 2 - Lesson 2: Creating a Predictable Environment

- Visual schedules: weekly planner and daily schedule with pictograms
- Notify changes as early as possible with visual supports
- Transition rituals: song for bath time, ritual phrase
- Stable spatial organization: objects always in the same place
- Prepare new experiences with social stories or photo books

Lesson 3 - Lesson 3: Anticipating Difficult Situations

- List situations that regularly trigger difficulties
- Create personalized social stories for each difficult situation
- Prepare a toolkit: headphones, sensory object, visual schedule
- Briefing before the situation: explain, remind available strategies
- Practice at home: role-playing to prepare for real situations

MODULE 5

The DYNSEO Applications

2 lessons

Lesson 1 - Lesson 1: COCO THINKS and COCO MOVES

- Application for children aged 5-10 with educational games and sports breaks
- Over 30 games: memory, logic, language, math, attention
- Sports breaks every 15 minutes: jump, dance, stretch
- Adapted to special needs: DYS disorders, ADHD, autism, Down syndrome
- Two-player mode: parent-child or two children on the same tablet

Lesson 2 - Lesson 2: Key Takeaways

- Review of main concepts and strategies learned
- Summary of visual tools and emotional routines to implement
- Action plan for applying knowledge at home starting today

Teaching methods

- 100% online training, accessible from your computer or tablet
- Progress at your own pace, whenever you wish, without time constraints
- Concrete explanations and immediately applicable strategies
- Visual supports and printable materials included
- Access to COCO THINKS and COCO MOVES application as bonus
- Attestation de fin de formation upon completion