

PROMOTING THE SOCIALIZATION OF CHILDREN WITH DOWN SYNDROME: FRIENDSHIPS, INTERACTIONS, INCLUSION

For parents and families of children with Down syndrome who want to support their child's social life

Help your child connect, understand social codes, and avoid isolation

Duration : 5 modules	Modules : 5 modules
Lessons : 11 lessons	Audience : Parents and families 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

Your child with Down syndrome possesses an extraordinary relational wealth: natural sociability, genuine desire to connect, and disarming authenticity. However, this warmth can be accompanied by social naivety that may make them vulnerable to teasing, manipulation, or isolation. This training provides you with the keys to support your child in their social life. You will learn to explicitly convey fundamental social rules, help them understand others' emotions, and develop their social skills through play and role-playing. You will discover how to concretely promote inclusion and authentic friendships while strengthening your child's self-confidence.

Module summary

MODULE 1	Understanding the Social Particularities in Down Syndrome	3 lessons
MODULE 2	Learning Social Rules	3 lessons
MODULE 3	Developing Social Skills through Play	3 lessons
MODULE 4	Promoting Inclusion and Friendships	3 lessons
MODULE 5	DYNSEO Applications to Support Socialization	2 lessons

Learning objectives

Learning objectives

- Understand the social particularities of Down syndrome: natural sociability, social naivety, and vulnerability to hidden intentions
- Decode frequent misunderstandings: physical distance, interpretation of expressions, pace of exchanges, and interests
- Identify social risks: mockery, paradoxical isolation, and passive imitation
- Convey fundamental social rules: waiting turn, greeting, asking, and refusing
- Help your child understand others' emotions through visual aids and cause-and-effect links
- Facilitate conflict-free play through sharing, cooperation, and managing disagreements
- Develop social skills through role plays: restaurant, doctor, merchant, and school games
- Choose suitable board games with simple rules, visual support, and cooperative formats
- Help your child build connections by creating meeting opportunities and identifying affinities
- Prepare social situations before, during, and after events like birthdays and outings
- Strengthen self-confidence in relationships through valuing strengths and encouraging autonomy
- Use COCO THINKS & COCO MOVES application for emotional recognition and turn-taking games
- Use MY DICTIONARY customizable visual tool to express needs, desires, and emotions

General information

Duration	5 progressive modules, self-paced
-----------------	-----------------------------------

Target Audience	Parents and families of children with Down syndrome
Prerequisites	None, training accessible to all adults
Price	Upon quote - VAT not applicable (article 261-4-4° of CGI)
Certification	Qualiopi - Certificate of completion
Organization	DYNSEO - Activity declaration number: 11757351875

Lesson 1 - Lesson 1: Great Sociability... But Sometimes Social Naivety

- Natural sociability and sincere desire to connect with others
- Ability to create bonds with disarming authenticity
- Difficulty distinguishing trustworthy people from malicious ones
- Implicit social codes harder to decode, desire to be loved overriding caution
- Balance: encouraging relational richness while developing critical thinking

Lesson 2 - Lesson 2: Decoding Common Misunderstandings

- Physical distance and signs of affection: tendency to be very tactile
- Interpretation of expressions and tone: difficulty distinguishing teasing from mockery
- Pace of exchanges: need more time to respond or unintentional interruptions
- Interests: difficulty perceiving when others are bored or want to change subject
- These misunderstandings are learning opportunities, not failures

Lesson 3 - Lesson 3: Risks - Mockery, Isolation, Passive Imitation

- Direct or sneaky mockery: pretending to be a friend to mock
- Paradoxical isolation despite sociability: exclusion or self-isolation after negative experiences
- Passive imitation to fit in: doing exactly what others do without expressing own desires
- Risk of imitating inappropriate or dangerous behaviors
- Importance of support, open dialogue, and attention to warning signs

Lesson 1 - Lesson 1: Waiting Your Turn, Greeting, Asking, Refusing

- Waiting turn: use an object passed hand to hand to materialize the turn
- Greeting: the gateway to any social interaction, create greeting routines at home
- Asking: learning the phrases, the right time and the right person to address
- Refusing: an essential skill for protection, value the child when they express refusal
- Repetition in varied contexts so behaviors become automatic

Lesson 2 - Lesson 2: Understanding Other People's Emotions

- Recognize basic emotions using visual aids: photos, cartoon characters, pictograms
- Understand the causes of emotions: clarifying cause-and-effect relationships
- Create a response repertoire: what to do when a friend is sad, angry, happy
- Work on non-verbal expressions: tone of voice, posture, facial expressions
- Systematically name emotions in daily life

Lesson 3 - Lesson 3: Playing Together Without Conflict (Cooperation)

- Sharing: start with structured situations using a timer, praise each successful exchange
- Cooperation: cooperative games where everyone wins or loses together
- Managing disagreements: learning useful phrases, guide towards resolution
- Acceptance of losing: start with games of chance, model how to lose gracefully
- Play as natural ground for socialization and social learning

Lesson 1 - Lesson 1: Simple Role Plays

- Restaurant game: placing order, waiting, saying thank you, handling unhappy customer
- Doctor game: expressing feelings and needs, answering questions, building trust
- Merchant game: exchanges, business politeness, transactions
- School game: expected behaviors in class, preparing for school situations
- Start simple, gradually introduce problems to solve, repeat regularly

Lesson 2 - Lesson 2: Adapted Board Games

- Simple and clear rules, duration adapted to attention span
- Visual support: concrete, colorful, manipulable materials
- Cooperative games: The Orchard, Hop Hop Hop, Woolfy

- Simple board games with dice: work on chance and acceptance
- Adapt rules if necessary; goal is positive shared gaming experience

Lesson 3 - Lesson 3: Two-Player Games with COCO (Cooperation, Turn-Taking)

- COCO application: games designed to be played by two with integrated turn-taking
- Cooperation encouraged: success depends on everyone's contribution
- Natural communication during the game, observation of the other stimulated
- Play with the child rather than leaving them alone, invite siblings or friends
- Regular sports breaks: moments of shared physical activity and bonding

MODULE 4

Promoting Inclusion and Friendships

3 lessons

Lesson 1 - Lesson 1: Helping the Child to Create Connections

- Create opportunities for meeting: invite one child at a time to start
- Identify potential affinities: observe with whom interactions are smooth
- Contact parents of children with whom things are going well
- Support the relationship over time: regular meetings, facilitate contacts
- Be present but not intrusive, accept that some relationships don't work out

Lesson 2 - Lesson 2: Preparing Social Situations (Birthdays, Outings)

- Before: explain the process clearly, show photos, prepare interactions
- Anticipate difficult moments and plan strategies, prepare gift and phrase together
- During: stay on-site if possible, observe integration, intervene discreetly if needed
- Be attentive to signs of fatigue or overload, suggest breaks
- After: discuss what happened, congratulate for successes, analyze difficulties constructively

Lesson 3 - Lesson 3: Strengthening Self-Confidence in Relationships

- Value strengths with sincere and specific compliments, avoid vague praise
- Encourage autonomy: allow age-appropriate decision-making, give time to respond
- Learn to speak positively to oneself: rephrase negatives into encouragements
- Prepare to handle failures: opportunities to learn, share personal experiences
- Create a support circle: regularly remind them of people who love them

MODULE 5

DYNSEO Applications to Support Socialization

2 lessons

Lesson 1 - Lesson 1: COCO THINKS and COCO MOVES

- Cognitive stimulation program with regular physical breaks
- Game 'Mime an Emotion': recognize and mimic emotions, develop ability to read facial expressions
- Two-player games: practicing turn-taking and cooperation, authentic social interaction
- Sport breaks: moving together, moments of bodily complicity strengthening bonds
- Progress tracking: visible evolution useful for discussions with professionals

Lesson 2 - Lesson 2: MY DICTIONARY

- Customizable visual dictionary to express needs, desires, and emotions
- Visual communication to avoid misunderstandings when words fail
- Customize with images of encountered social situations
- Prepare for social situations: sequences of images of expected progress
- Reduction of frustration, bridge to calmer and more successful socialization

Teaching methods

- 100% online training, accessible from computer or tablet
- Self-paced learning, no time constraints
- Progressive modules with concrete strategies and tools
- Role plays to replicate at home
- Criteria for choosing suitable board games
- Techniques to strengthen self-confidence
- Bonus: Discovery of COCO THINKS & COCO MOVES application and MY DICTIONARY
- Certificate of completion upon finishing the training

