

SUPPORTING A CHILD WITH DOWN SYNDROME: KEYS AND SOLUTIONS FOR EVERYDAY LIFE

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

Understand, support, and help your child thrive with confidence and appropriate tools

Duration : 4 hours	Modules : 4 modules
Lessons : 10 lessons	Audience : Parents, family caregivers, educational professionals
Format : 100% online, asynchronous	Provider : N° 11757351875
Certification : Qualiopi	Price : On request

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Course description

This training course provides a comprehensive understanding of Down syndrome and practical strategies for daily support. You'll discover the genetic characteristics of this condition, the challenges faced by children in motor skills, communication, and learning, as well as their unique strengths. Through concrete advice and adapted tools, you'll learn to create an environment that fosters autonomy while maintaining a serene family atmosphere. The course includes proven educational strategies, health guidance, and an introduction to DYNSEO's COCO THINKS and COCO MOVES application to support learning through play.

Module summary

MODULE 1	Understanding Down Syndrome	3 lessons
MODULE 2	Supporting someone with Down Syndrome	3 lessons
MODULE 3	Role of the family	3 lessons
MODULE 4	DYNSEO: Supporting people with Down Syndrome	1 lesson

Learning objectives

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- Understand Down syndrome as a genetic condition and recognize the diversity of profiles
- Identify key characteristics: lower muscle tone, progressive development, adapted rhythms
- Identify daily difficulties and suggest appropriate solutions
- Implement concrete educational strategies: visual aids, task splitting, interest-based activities
- Encourage progressive autonomy through small responsibilities and structured routines
- Maintain good overall health: medical care, balanced diet, physical activity, rest
- Strengthen affection and trust through benevolent communication and encouragement
- Maintain a calm family climate and value children's achievements
- Discover DYNSEO's COCO THINKS and COCO MOVES application for adapted learning

General information

Duration	4 hours
Target audience	Parents, family members, caregivers, educators, 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

Lesson 1 - What is Down Syndrome?

- Genetic condition: three copies of chromosome 21
- Not a disease but a unique condition for each child
- Slower but real intellectual and physical development
- Increased health risks requiring medical follow-up
- Rich and fulfilling life possible with appropriate support

Lesson 2 - Key characteristics

- Physical traits: round face, almond eyes, hypotonia
- Slower motor development with real progress possible
- Mild to moderate intellectual disability with learning abilities
- Speech difficulties compensated by visual communication
- High sensitivity, affectionate nature, strong desire for connection

Lesson 3 - Challenges faced in everyday life

- Motor difficulties in daily tasks with progress through practice
- Communication frustrations helped by visual tools
- Slower school learning requiring adapted methods
- Social decoding difficulties and risk of exclusion
- Increased fatigue and demanding daily schedules

Lesson 1 - Educational strategies and adapted activities

- Use visual learning: pictograms and visual schedules
- Break down learning into small achievable steps
- Leverage strengths: music, hands-on activities, interests
- Simple games for concentration, memory, social interaction
- Physical activities to strengthen muscle tone and coordination

Lesson 2 - Encouraging independence

- Start early with small age-appropriate responsibilities
- Offer simple choices to develop autonomy
- Value efforts even when results are imperfect
- Structure tasks by breaking down steps clearly
- Accept trials and errors as part of learning

Lesson 3 - Maintaining good overall health

- Regular medical follow-up with specialists
- Varied and balanced diet to prevent weight gain
- Regular physical activity: swimming, walking, dancing
- Calm sleep ritual and adequate rest
- Serene family atmosphere valuing achievements

Lesson 1 - The importance of emotional bonds

- Security as foundation for learning and autonomy
- Warm environment: hugs, smiles, attention
- Motivation driver through shared learning moments
- Expanded support circle: siblings, grandparents, teachers
- Balance between support and allowing independence

Lesson 2 - Encouraging independence

- Assign small age-appropriate responsibilities
- Let them try independently and accept mistakes
- Provide simple choices to build decision-making

- Value all successes, even small ones
- Turn mistakes into learning opportunities

Lesson 3 - Maintaining a peaceful family atmosphere

- Practice supportive and benevolent communication
- Create shared quality time together
- Respect each person's individual rhythm
- Manage parental stress proactively
- Celebrate small positive daily moments

MODULE 4

DYNSEO: Supporting people with Down Syndrome

1 lesson

Lesson 1 - The COCO THINKS and COCO MOVES app

- Stimulate memory, logic, language, mathematics through play
- Sport breaks every 15 minutes to channel energy
- 30+ games: visual memory, logical reasoning, perception
- Flexible use at home, school, or tutoring sessions
- Fun complement to educational and therapeutic support

Teaching methods

- 100% online self-paced training accessible 24/7
- Educational videos and downloadable practical resources
- Concrete case studies and real-life scenarios
- Final quiz to validate knowledge
- Certificate of completion upon finishing
- Direct access to DYNSEO's COCO THINKS and COCO MOVES application demonstrations