

DOWN SYNDROME: BUILDING INDEPENDENCE THROUGH ROUTINES

For parents, families and caregivers of a child with Down syndrome

Structure daily life, reduce tensions and help your child progress at their own pace

Duration : 5 hours	Modules : 6 modules
Lessons : 11 lessons	Audience : Parents and 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

Supporting a child with Down syndrome towards independence requires patience, organization and adaptation. Daily tasks — getting dressed, washing, tidying up, eating — are all learning opportunities, but can quickly become a source of tension if the framework isn't adapted. This training gives you practical keys to structure daily life, use effective visual tools, adapt the environment and maintain your child's motivation. A realistic approach to help your child progress without exhausting the family or creating excessive pressure.

Module summary

MODULE 1	Understanding how the child learns to become autonomous	3 lessons
MODULE 2	Establishing Essential Routines	3 lessons
MODULE 3	Using Visual Tools and Adapted Materials	3 lessons
MODULE 4	Encourage, Support and Maintain Motivation	3 lessons
MODULE 5	DYNSEO Applications to Stimulate Communication	1 lesson
MODULE 6	Final quiz	Assessment

Learning objectives

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- Understand how children with Down syndrome learn independence through motivation and step-by-step progression
- Establish essential morning and evening routines with adapted visual sequences
- Structure transitions and key moments to reduce anxiety
- Use effective visual tools: step-by-step sequences, binary choices, pictograms
- Adapt everyday equipment and create independence stations
- Encourage and maintain motivation through simple positive reinforcement
- Adjust expectations according to fatigue and daily challenges
- Create a reassuring environment that respects the child's pace

General information

Duration	5 hours (self-paced online training)
Target audience	Parents, families and caregivers of a child with Down syndrome looking to develop their independence in daily life
Prerequisites	None — A caring, progressive approach focused on small everyday victories
Price	Upon request – VAT not applicable (article 261-4-4° of the French Tax Code)

Certification	Qualiopi – Certificate of completion
Training provider	DYNSEO – Registration number: 11757351875

MODULE 1**Understanding how the child learns to become autonomous**

3 lessons

Lesson 1 - Lesson 1: The Role of Motivation and Interests

- Observe the child during free play to identify their passions
- Use interests as gateways for learning daily tasks
- Transform necessary activities into meaningful experiences
- Create personalized approaches based on what they love

Lesson 2 - Lesson 2: Progressing in Small Steps

- Break down each activity into simple manageable steps
- Start by assisting all steps except the last one, then gradually step back
- Set limited weekly goals without aiming for perfection
- Value every small success to build confidence

Lesson 3 - Lesson 3: Errors as a Driver of Learning

- Understand that mistakes are normal and necessary for brain development
- Use the three-step method: acknowledge effort, identify mistake, guide solution
- Avoid discouraging phrases and de-dramatize errors
- Create a safe environment where the child feels free to try

MODULE 2**Establishing Essential Routines**

3 lessons

Lesson 1 - Lesson 1: The Morning (Dressing, Grooming, Preparation)

- Prepare everything the evening before to reduce morning stress
- Create a visual sequence with photos or pictograms for each step
- Use concrete tools: visual timer, music, gentle alarm
- Calculate necessary time and accept difficult days with flexibility

Lesson 2 - Lesson 2: Transitions (Exits, Homework, Activities)

- Announce transitions in advance: 15, 10, 5, 2 minutes warnings
- Create rituals signaling changes: songs, phrases, transitional objects
- Prepare visual checklists for outings and activities
- Remain calm and firm if refusal occurs, offer acceptable alternatives

Lesson 3 - Lesson 3: The Evening (Shower, Tidying Up, Bedtime)

- Establish regularity by going to bed at the same time every night
- Create a visual sequence for shower and bedtime routine
- Simplify tidying with rotating toys and large labeled boxes
- Include a 10-15 minute calming ritual: story, cuddles, ritual phrase

MODULE 3**Using Visual Tools and Adapted Materials**

3 lessons

Lesson 1 - Lesson 1: Visual Sequentials (Step by Step)

- Create visual sequences with real photos, pictograms or drawings
- Break down activities into 3-4 steps for beginners, more for advanced learners
- Print in 10x10 format, number and attach to activity location
- Use free resources: ARASAAC, Sclera, Autism Educates

Lesson 2 - Lesson 2: The Choice Between 2 Options (To Avoid Overload)

- Use binary choices to facilitate decision-making and reduce anxiety
- Present options with visuals and same intonation
- Apply to clothing, activities, food: simple, clear choices
- Never offer a choice if not ready to accept both options

Lesson 3 - Lesson 3: Equipment Facilitating Autonomy (Plugs, Clothing, Storage)

- Adapt clothing: elastic waistbands, Velcro shoes, visual markings
- Modify bathroom: step stools, lever faucets, non-slip mats
- Organize accessible storage with transparent boxes and pictograms

- Create autonomy stations for dressing, hygiene and homework

MODULE 4	Encourage, Support and Maintain Motivation	3 lessons
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Lesson 1 - Lesson 1: Simple Positive Reinforcement (Without Gifts)

- Use positive attention as most effective reinforcement: look, smile, presence
- Provide immediate reinforcement so the child makes the connection
- Reinforce effort, not just results
- Implement visual progress charts or success jars if needed

Lesson 2 - Lesson 2: Valuing Effort, Not Perfection

- Develop growth mindset by praising perseverance over intelligence
- Accept imperfect results as part of the learning process
- Transform failures into learning opportunities
- Use specific praise: 'You worked hard,' 'You improved,' 'You persevered'

Lesson 3 - Lesson 3: Adjusting Expectations Based on Fatigue and Days

- Recognize signals: restlessness, irritability, refusal, unusual mistakes
- Adjust demands on difficult days without guilt
- Anticipate predictably demanding periods: back to school, illness, seasonal changes
- Teach the child to express fatigue using color codes or emotion pictograms

MODULE 5	DYNSEO Applications to Stimulate Communication	1 lesson
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Lesson 1 - Lesson 1: COCO THINKS and COCO MOVES

- Over 30 educational games for children 5-10: memory, logic, language, math
- Sports breaks every 15 minutes to maintain focus and channel energy
- Designed for special needs: Down syndrome, ADHD, autism, DYS disorders
- Simple instructions, clear visuals, adjustable difficulty levels
- Can be played solo or with parent/sibling for shared learning

MODULE 6	Final quiz	Assessment
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Teaching methods

- 100% online training accessible from computer or tablet
- Progress at your own pace with no time constraints
- Printable visual sequence templates and practical tools
- Real-life examples and case studies throughout
- Access to COCO THINKS and COCO MOVES educational app resources
- Certificate of completion upon finishing all modules