



## What is Down Syndrome?

**Down syndrome**, or **trisomy 21**, is a chromosomal variation caused by an extra chromosome on the 21st pair. This means instead of having the usual 46 chromosomes, people with Down syndrome have 47. Down syndrome is one of the most common birth defects there is. Over 5000 babies are born in the United States every year and thousands more in other countries. Parents do not do anything to cause Down syndrome - it is simply a chromosomal variation that results in a child having too much genetic material. Think about that: People with Down syndrome lack nothing, they simply have too much!

Children born with Down syndrome will have some level of physical, intellectual, and language delays. These delays are different for every child, but they all have their own unique personality, capabilities, and talents. People with Down syndrome are more like everyone else than they're not. They grow and learn, go to school, have friends and hobbies, hold down jobs, and contribute to their communities. Individuals with Down syndrome benefit from loving and supportive homes, early intervention, quality education, appropriate medical care, and inclusive communities.

# B.U.D.S.

Better Understanding of Down Syndrome

[www.budsonline.net](http://www.budsonline.net)



### BUDS Contacts:

President:

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New Parent Coordinator:

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Buddy Walk Chair:

**Rachel Burkhalter @ (806) 687-0936**

### Other Resources:

National Down Syndrome Congress: [www.ndsccenter.org](http://www.ndsccenter.org)

National Down Syndrome Society: [www.ndss.org](http://www.ndss.org)

Down Syndrome Educational Trust: [www.downsed.org](http://www.downsed.org)

Band of Angels: [www.bandofangels.com](http://www.bandofangels.com)

Disability Solutions: [www.disabilitysolutions.org](http://www.disabilitysolutions.org)

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# B.U.D.S.

Better Understanding  
of Down Syndrome

Support Group for  
Down Syndrome  
Families

*in West Texas and Eastern  
New Mexico*



**Disability does not  
mean *Inability*.**

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## Facts & Focus



Down syndrome occurs in one out of every 733 live births, and more than 350,000 people in the U.S. have this genetic condition. One of the most frequently occurring chromosomal

abnormalities, Down syndrome affects people of all ages, races and economic levels. Today, individuals with Down syndrome are active participants in the educational, vocational, social and recreational aspects of our communities. In fact, there are more opportunities than ever before for individuals with Down syndrome to develop their abilities, discover their talents and realize their dreams. For example, more teens and adults with Down syndrome each year are graduating from high school, going to college, finding employment and living independently.



## **BUDS is a non-profit organization. Our purpose is to:**

- ***Educate, inform, and support families who have loved ones with Down syndrome.***
- ***Provide encouragement and support to new parents of babies with Down syndrome.***
- ***Promote literacy and lifelong learning opportunities for individuals with Down syndrome of all ages.***
- ***Organize educational and social opportunities for individuals with Down syndrome and their families that help encourage social and physical development.***
- ***Give important, current information and support to our families through our quarterly newsletter, website, and e-mail updates.***



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To be added to BUDS e-mail contact  
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## **Who We Serve:**

BUDS serves over 125 families in Lubbock and the surrounding areas. We also assist educators, health-care professionals, and therapists with information and support materials.

## **How We Serve:**

- ◆ Provide support to new parents through personal outreach and our BUDS New Parent Pack
- ◆ Maintain a website with educational resources, calendars of events, news, photos, important links, and more
- ◆ Send out a quarterly newsletter, the BUDS Bulletin, which is mailed to over 140 families and professionals
- ◆ E-mail important information and reminders about BUDS events and other news in the special needs community to over 300 parents, educators, and professionals
- ◆ Sponsor many social events including a Valentine's Dance, Christmas parties, New Parent Picnic, Corn Maize/Hot Dog Roast, swimming parties, etc.
- ◆ Sponsor a clinic in Lubbock with Dr. Lawrence Leichtman from the Genetics & Disabilities Diagnostic Care Center in Virginia Beach, VA. Dr. Leichtman specializes in serving people with Down Syndrome. See his website at [www.lleichtman.org](http://www.lleichtman.org)

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