

What we love about Flo

- She is beautiful - she has beautiful hair, eyes and smile.
- She has a gorgeous giggle.
- She is content and patient - she rarely gets upset and when she does you know there is something missing!
- She is cuddly - she grips like a koala bear!
- She is observant and alert.
- She is a chatterbox, is always making noises and responds to people she knows making lots of different sounds.
- She sleeps through the night!
- She has a great sense of humour - she loves being tickled and bounced on Mummy's and Daddy's bed.
- She's tough! She takes her brother Thomas' 'rough and tumble' all in her stride!

What is important to Flo?

- Being massaged and stroked on her face - particularly her nose and cheeks.
- Being cuddled by people she knows, including being cuddled and kissed by Thomas!
- Playing under her baby gym every day, particularly playing with the colourful rattle with beads on it. Flo also loves to grab hold of and shake the soft toys that dangle down from the gym.
- Being sung to. She likes most songs but her favourites are 'Twinkle twinkle little star' and 'We went to the Animal Fair'. Flo has also started to do some of the Twinkle Twinkle actions and Thomas enjoys joining in.
- Having raspberries blown on her tummy.
- Being bounced on her parents and grandparents knees.
- Sparkly things - like the butterflies above her changing station.
- Contrast in colours - for example Grandma's and Granddad's beams in their house!
- Following people as they move around.
- Being talked to.
- Watching and listening to her brother Thomas' noisy play.
- Watching other children play including Flo's and Tom's cousins Lucy and Charlie and Thomas and his friends.
- Being out and about, particularly busy places like the café in Marks and Spencer!
- Splashing and relaxing in the bath.
- Going to 'Rhythm Time' with Thomas and his friends on a Tuesday afternoon. Flo listens to the songs and shakes rattles!
- Looking at colourful books.



How to look after Flo

Flo has low muscle tone and we do exercises with her legs and arms every day (moving them for her). She is also put on her tummy everyday (sometimes with a rolled up muslin square underneath her) and we encourage her to lift her head up.

She rarely cries, and if she does, it usually means that she is tired and needs to be put down in her cot and left, gets bored, has a dirty nappy or if she wants a bottle earlier than usual.

To have a bottle ever 3 hours - she drinks between 5 and 7 ounces.

She sometimes has reflux problems and needs to be handled gently after a feed and properly winded (kept upright). She sometimes becomes constipated, and may need very diluted orange juice.

To have her nappy changed before every feed (unless it is obvious that she needs a change before this!). She gets upset if she has a dirty nappy.

Her right eye gets sticky and must be cleaned with cooled boiled water as and when needed. Sometimes it helps to gently massage Flo underneath her eye with circular movements to help unblock the tear duct.

Flo has her last feed between 8 and 9pm, and this is a great time for her parents to have individual time with her.

Flo needs to be kept stimulated as she can get bored quickly. She needs to have a change of scenery and/or toys. This can vary but she tends to enjoy things for up to half an hour and unless she is happy, we would move on to something new, such as a different play gym or we would go for a walk.

When you are with us please do not...

Refer to Flo or other children as 'downs'.

Use jargon.

Make assumptions that information you have about us has been shared with us.

When you are with us please...

Let's keep focused on Flo and what will help her and us.

Know that we want Flo to do what she wants in life and to be given every opportunity to achieve her full potential - starting now!

Be specific about what support you can offer and how we will know if this has been successful.

Help us with information that we can put in this plan.

Share what we are all doing so that we can work seamlessly towards our goals with Flo.

Give us a copy of any paperwork as we may find it difficult to remember all the information we are given.

Give us time to think during meetings, so that we are able to make decisions well.

