

UNICARE NEWS

A special March Newsletter Edition from a parent!

What is “**Rock your Socks**” and what does it have to do with **Down Syndrome**?

BY PATRICIA, PARENT OF LARA

Every March 21st we celebrate the joy so many beautiful humans with Down syndrome bring into our world! March 21st is symbolic because people with Down syndrome have 3 copies of their 21st chromosome. I like to think that this is just a little bit extra of what makes them awesome!

As Lara’s mother, like all parents, I aim to see her living a life fully included in the community, and I’m truly grateful and lucky to have the Unicare family supporting our first steps. All children with disabilities do better socially and academically if they are educated in an inclusive mainstream environment. Special schools set children up for a “special life” of segregated employment and low expectation. Children without disabilities also do better in schools where disabled children are fully included.

It is wonderful to see the teaching staff going out of their way to make adjustments to set Lara up for success, and it is so wonderful to see her thriving in a daycare that values kids` well-being and inclusion. It is also delightful to see how easily her little peers adapt the way to engage, communicate and take care of Lara (yes, she’s being spoiled!). I’m sure this social acceptance and care will have a profound effect on her self-confidence, self-identity, and self-esteem.

Thank you Unicare staff and families for EMBRACING Lara. You’re amazing!



To celebrate the different abilities of ALL kids, on the **21st of March** we invite you to **Rock your Socks!**

Put on your brightest, mismatched, crazy fun socks, and rock it out!

It is a fun way to teach your little ones about how cool it is to be different and advocate for inclusion. Why socks? Because under a microscope, a pair of chromosomes actually looks like a pair of mismatched socks!

