



PADS PARENTS RECOMMENDED RESOURCES

As parents we know how easy it is to spend time reinventing the wheel. We hope you will find these recommendations helpful and inspiring!



These are resources kindly recommended by our families. DSUK does not financially benefit from these recommendations; we are sharing to hopefully save you time!

BOOKS & RESOURCES

COMMUNICATION

Early communication skills
Jolly Phonics
See and Learn
Nursery rhymes
Bath form letters and numbers
Flash cards

BEHAVIOUR

Supporting positive behaviour in children with Down syndrome

COUNTING

Squidgy sparkles numbers set 0-9
Multi pack of yellow ducks to practice counting in the bath

MATHS

The Maths Mum book

SIBLINGS

I love you Natty book

COLOURS

Bean bags (different colours)
Brown bear brown bear what do you see?

READING

Pops Resources
Where's Mr Duck
Where's Mr Dog
Where's Mrs Fox
That's Not My Books
Spot The Dog Books
Baby's Very First Noisy Nursery Rhyme
Baby Very First Noisy Book Farm
Jelly cat



EQUIPMENT

DRINKING

Teddy bear drinking bottle
Munchkin weighted straw cup

EATING

Chewy tubes
Doddl cutlery set
Doidy cup
Self-feeding spoons
Fruit feeder
Feeding tubie-tape

SITTING

Chicco polly magic relax high chair
IKEA antilop high chair
Fisher Price sit me up seat
Fisher Price giraffe chair
Push chair seat cushion insert
High chair footplate
Jenx corner seat (ask portage, physio or OT for one)
Out N About nipper v5 pram

BATHING

Shnuggle bath tubs
(Receive 15% off, using code **SHNPADS15** (excludes bundles, gift sets and sale items).

PHYSIO

Crawling track (build your own - see PADS POD)
Climbing frame
Soft play
Little tikes walker

LAYING

Positioning aid

CAR

BeSafe baby mirror XL2 with lights

CONGESTION

Snufflebabe baby nasal aspirator
Nasal aspirator
Humidifier



SENSORY PLAY

PLAY

Vtech crawling ball

Water tummy time pat mats

Tuff trays

Mirrorbell chime

Stacking cups

Blocks

Stacking rings

Mirror

Finger puppets

Nursery rhyme puppet fingers

Sensory balls

Orchestra musical instrument

Treasure basket

Play doh

Foil blanket

Shape sorter

Wooden car ramp racer

Mini loaf tray for cooking / freezing

small portions

Wind up music toy, great for teaching

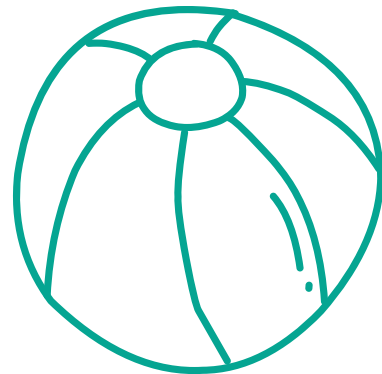
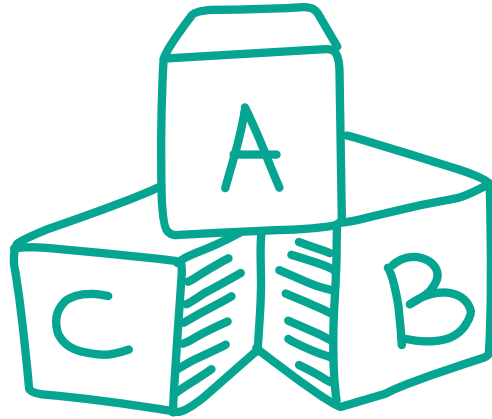
'on' and 'more' 'finished'

Cheatproof shape sorter

Tonie box

Sensory stretch tubes

Bean bags (different colours)



FINE/GROSS MOTOR SKILLS

[Spike the fine motor hedgehog](#)

[Pop up toy](#)

[Gross motor skills for children with Down syndrome book](#)

[Fine motor skills for children with Down syndrome book](#)

[Peg puzzles](#)

[The fizzy and clever hands programmes](#)

[Large peg puzzles](#)

[Suction cup spinner toy](#)

[Wooden post box](#)

[Grasp ball](#)



MAKATON

[Core vocabulary videos](#)

[Singing Hands](#)

[Mr Tumble](#)

[The makaton story and nurse rhyme books](#)

