



Healthcare Guidelines for Infants 1-12 months

(based on "Health Supervision for Children with Down Syndrome" as published by Pediatrics)

- Chromosomal karyotype (number and appearance of chromosomes); genetic counseling, if not already done.
- Discuss chances of having another child with Down syndrome
- Use typical growth charts from Centers for Disease Control (CDC), available at www.cdc.gov/growthcharts. Use weight/height assessment as well.
- Radiographic swallowing assessment if marked low muscle tone, slow feeding, choking with feeds, recurrent or persistent respiratory symptoms, and/or failure to thrive. Consider feeding therapy referral, if needed. At 1 year of age, begin to check hemoglobin count annually. Include:
 - Ferritin (measures iron stores in body) and CRP (C-Reactive Protein; detects inflammation in the blood) or
 - Reticulocyte hemoglobin if there is a concern for a diet low in iron or if hemoglobin <11g
- Ophthalmology (eye doctor) referral to assess for:
 - Strabismus: when the two eyes do not line up in the same direction and do not look at the same object at the same time
 - Nystagmus: involuntary movements of the eye
 - Cataracts: clouding of the lens of the eye
- By 1 year of age, have first dental visit. Delayed or irregular dental eruption, hypodontia (missing teeth as a result of their failure to develop) is common.
- Discuss cervical spine positions, especially for anesthesia or surgical or radiologic procedures.
- If constipation is present, evaluate for any of the below:
 - limited diet or fluids

- hypotonia: low muscle tone
 - Hypothyroidism: thyroid doesn't produce enough hormones
 - gastrointestinal malformation
 - Hirschsprung disease: blockage of lower part of intestine due to lack of development of nerve cells that signal intestine muscle movement
- Review signs and symptoms of myopathy (disease of muscle tissue). If myopathic signs exist, obtain neck X-rays (C-Spine).
- Thyroid function tests at 6 and 12 months (FT4 and TSH)
 - If a heart condition is identified, monitor for signs and symptoms of congenital heart failure, subacute bacterial endocarditis prophylaxis (SBE bacterial infection of valves of the heart), as indicated.
 - Well child care: immunizations including influenza
 - Newborn hearing screen follow-up and assessment by 3 months. Audiology evaluation at 6 months and every 6 months until "ear specific testing is accomplished and normal," at which point hearing screens can be done on an annual basis.
 - Review signs and symptoms for obstructive sleep apnea.
 - Discuss Early Intervention, including speech therapy, and refer for enrollment in local programs, if not done already.
 - Apply for Supplemental Security Income (SSI), depending on family income.
 - Consider estate planning and custody arrangements; continue family support.
 - Discuss complementary and alternative therapies.

Referral to local Down syndrome parent group or family support and resources, as indicated. Referral to [Down Syndrome of Louisville](#)

[Referral to NDSS](#)