

# Trisomy 21 (Down Syndrome) Checklist

Use this printable checklist to track symptoms, development, and support needs.

## Early Signs (Babies)

■	Low muscle tone (hypotonia)
■	Flat facial profile
■	Small hands and feet
■	Single crease across palm

## Child Development Signs

■	Speech delay
■	Learning difficulties
■	Coordination challenges
■	Social interaction differences

## Therapy & Support Tracking

Therapy Type	Frequency	Notes
Speech Therapy		
Occupational Therapy		
Physical Therapy		

## Daily Support Checklist

■	Follow structured routine
■	Use visual supports
■	Encourage communication
■	Provide positive reinforcement