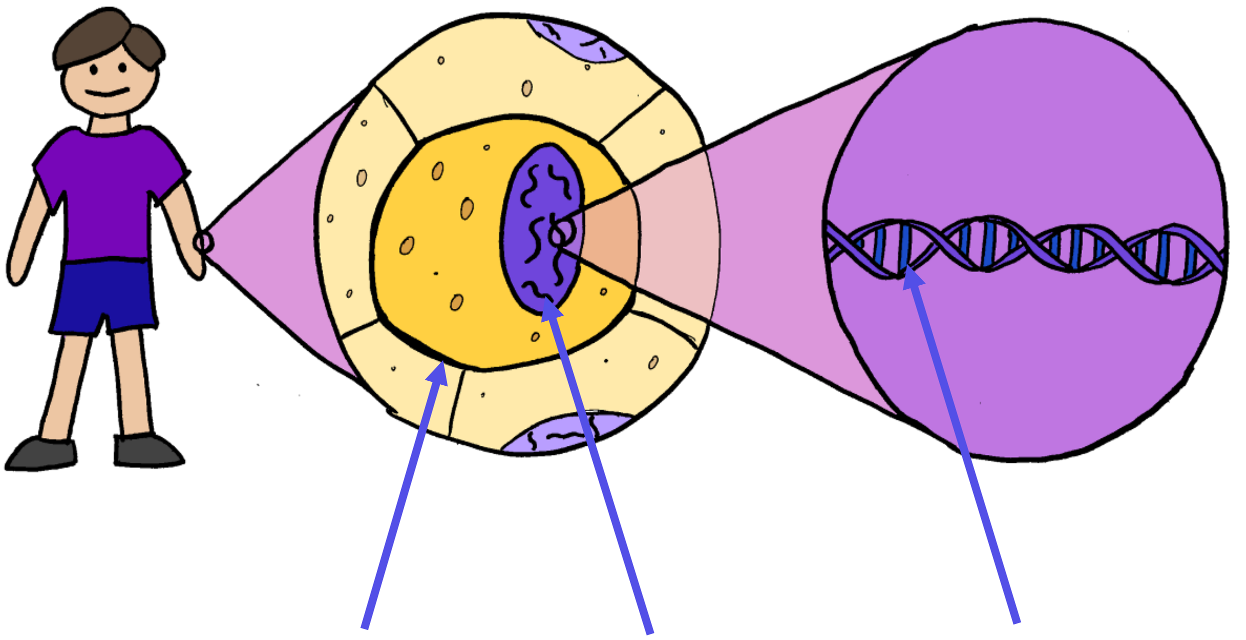
UNIQUE

UNDERSTANDING GENES
& CHROMOSOMES

Idic(15)

A picture book about idic(15)

rarechromo.org

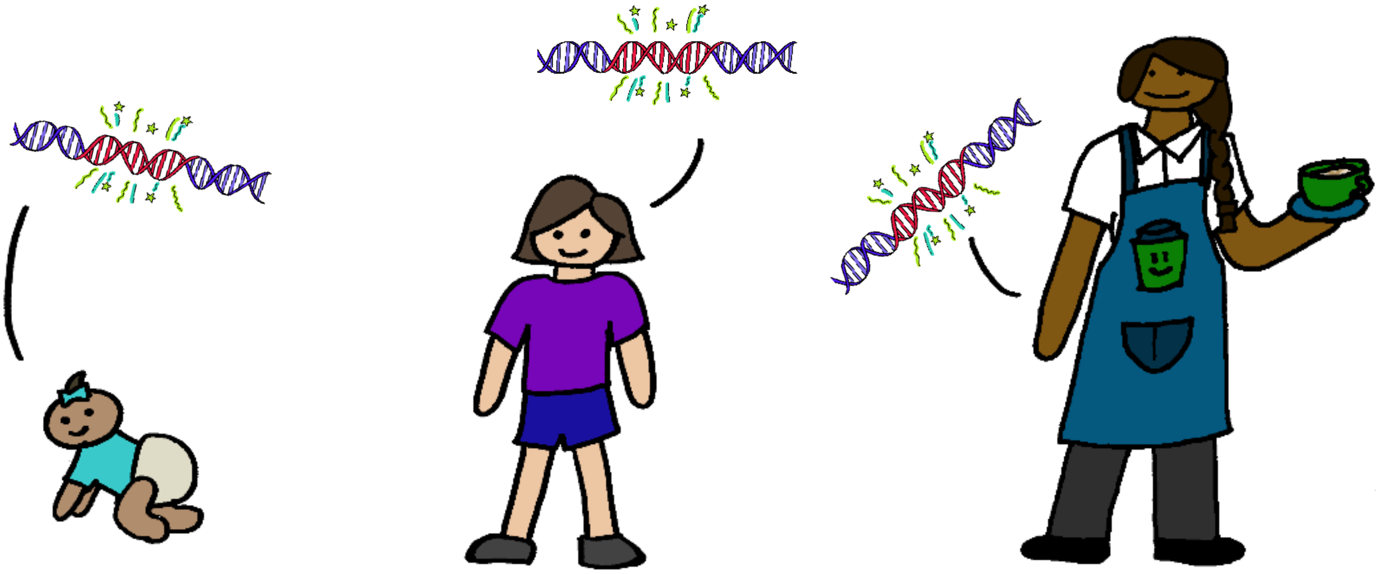


Our bodies are built from tiny building blocks called cells.

Our cells contain DNA, which is full of instructions on how to make us. The instructions are called genes.

Each of our cells contains the same DNA, but it's very long and complicated and so it's split into different parts called chromosomes.

It might help to imagine that our DNA is like a big book, each chromosome is a different chapter and each gene is a different sentence.



DNA helps to determine how tall we are, what colour hair we have, and lots of other things about us.

But DNA does not determine everything.

Things that happen in our life make a difference as well.

If we listen to lots of music, we might know more songs.
If we don’t get enough sleep, we might feel tired.

Everyone's DNA is different. Some people have extra bits, some people have missing bits and some people have bits that have moved to a different chromosome.

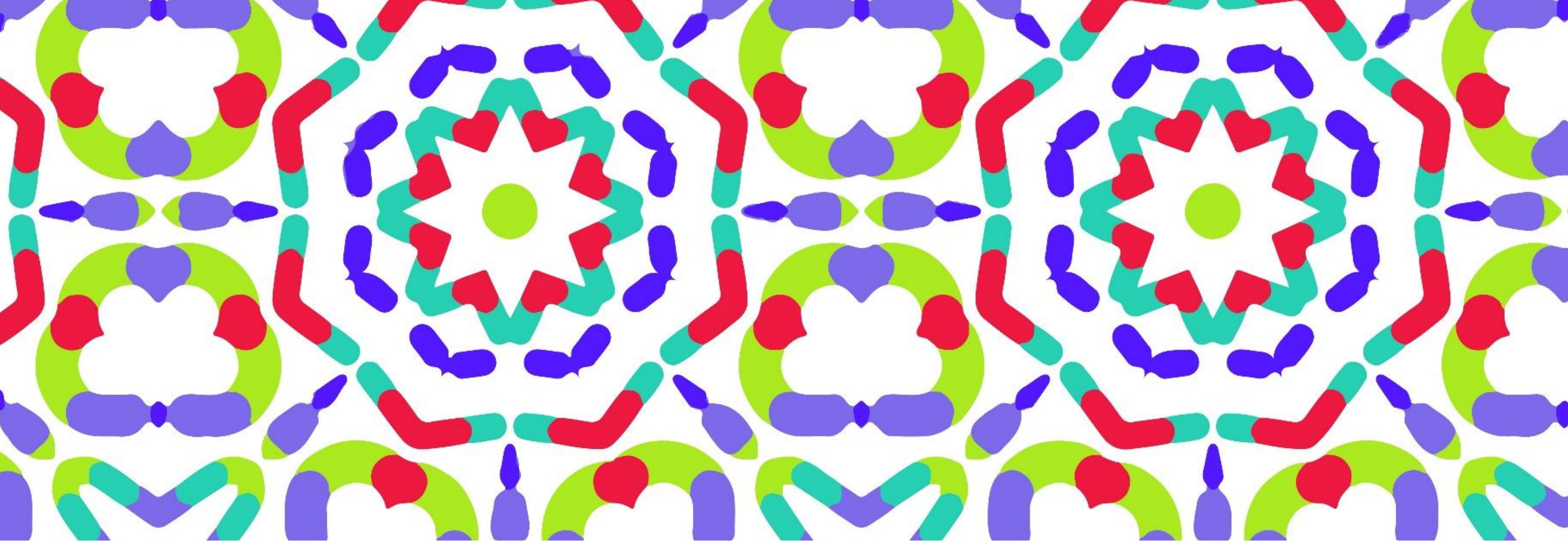
People with idic(15) have a new extra chromosome that is made from two copies of a small part of another chromosome, called chromosome 15.

There are lots of children who have idic(15) and they live all over the world.

Just like children without this extra chromosome, they are all different from each other.

Children with idic(15) like to do lots of things like:

… listen to music
… watch television
… splash in a swimming pool
… clap their hands when they are excited
… play on the swings
… giggle and laugh when they are happy!

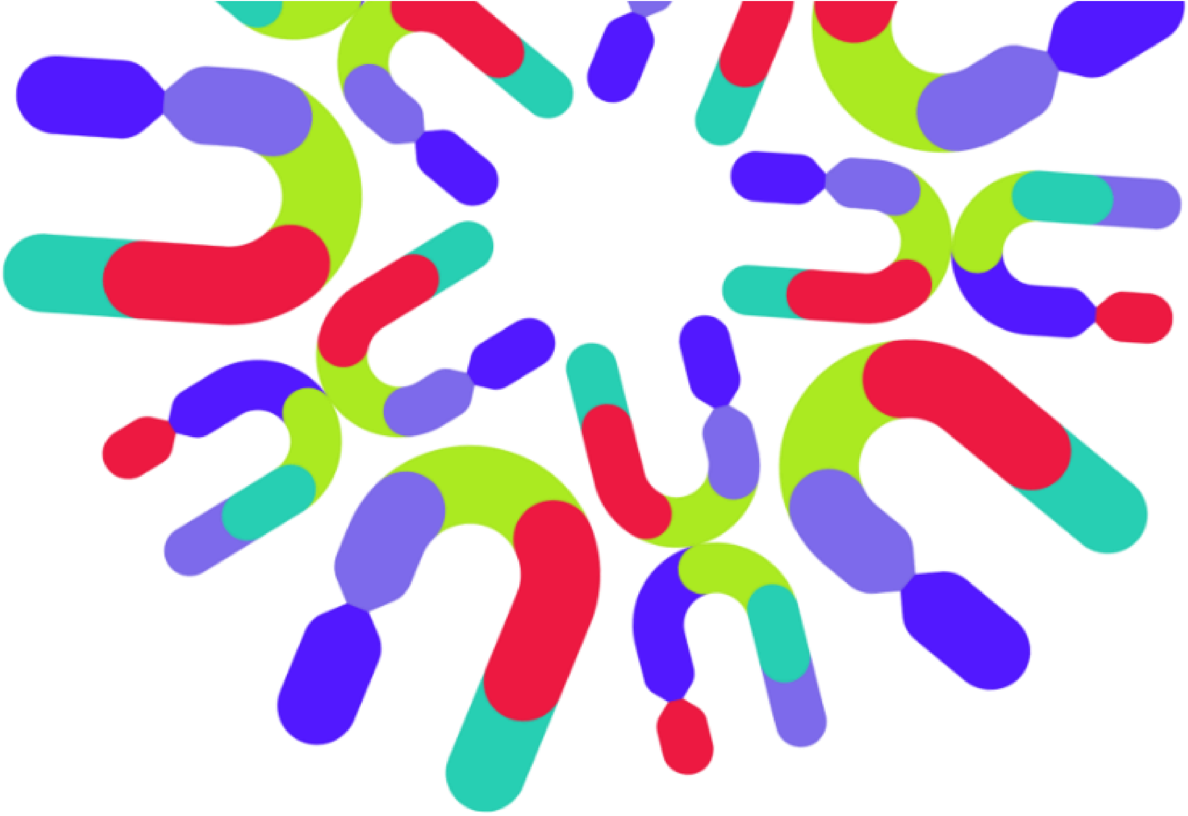


Children with idic(15) may find some things more difficult as well. Some find it harder to:

… walk, talk, eat or sleep without help
… express how they are feeling,
which might mean they get frustrated
… learn or understand things
… do activities since their muscles may not
be very strong

Some children can become overwhelmed by loud noises or certain textures so we should be gentle and calm if we notice they are stressed.

Children with idic(15) may have more doctor and therapy appointments to help them. At school, children may have extra help to allow them to do things that others do.



Sometimes, children with idic(15) have epilepsy which can cause them to have seizures, and this can look scary. If this happens when you are with them, it is important to stay calm, tell a parent or responsible adult and make sure there is nothing near them that could hurt them.

Children with idic(15) can understand much more than they can say and have their own special ways of communicating. Lots of children with idic(15) use sign language or pictures to express themselves … and they often give great hugs!

It is good to know when someone has idic(15), because it will help their family, friends and carers understand their needs better.

Children with *and* without idic(15) are all different and we all need help sometimes – so it is important to support each other.

Inform Network Support

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Please help us to help you!

Unique is a charity without government funding, existing entirely on donations and grants. If you can, please make a donation:

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