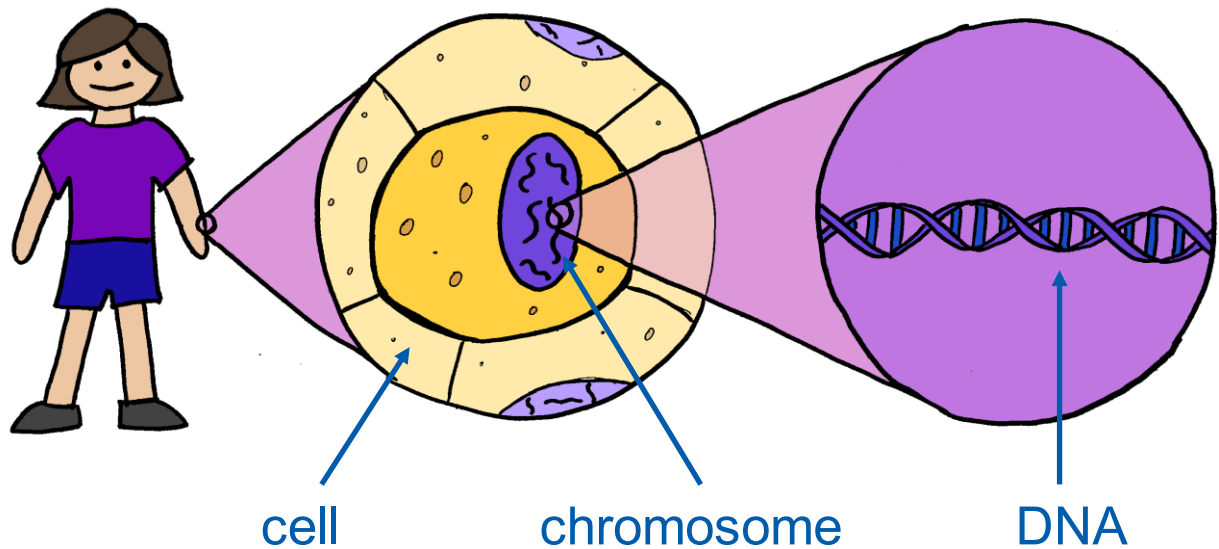


# My Chromosome Story

A picture book for children with  
a balanced translocation

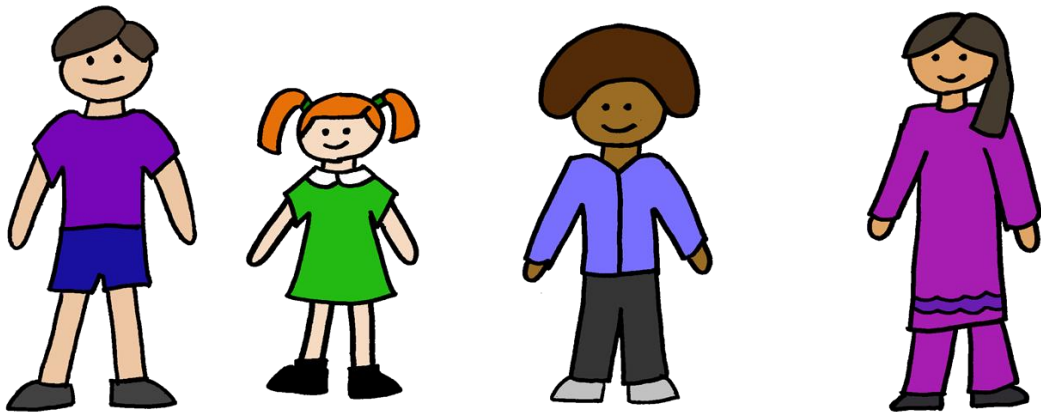


Your body is built from tiny building blocks called **cells**.

Almost all of your cells contain **DNA**, which is full of instructions on how to make you.

The instructions are quite long and complicated and so they are split into different parts called **chromosomes**.

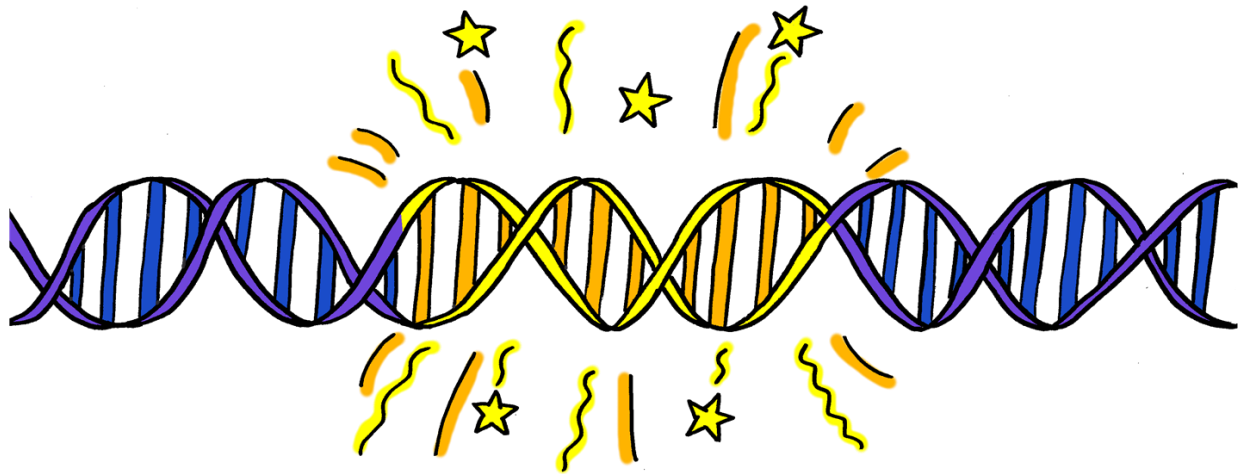
It might help to imagine the instructions are like a big book, and each chromosome is a different chapter.



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

But DNA doesn't determine everything.

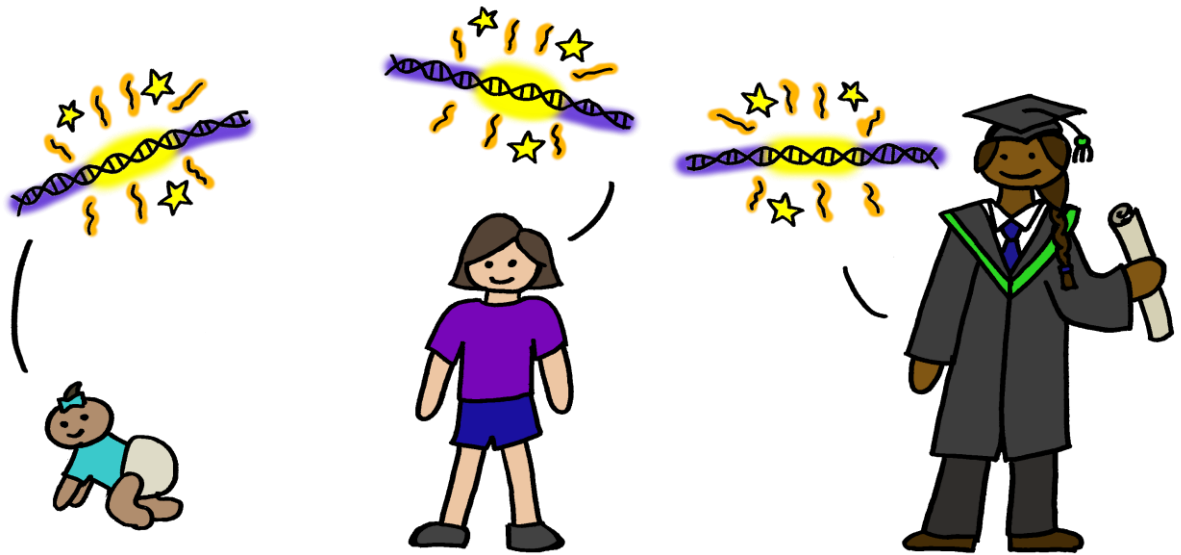
Things that happen in your life make a difference as well. If you listen to lots of music you might know more songs. If you don't get enough sleep you might feel tired.



We all have lots of little changes to our chromosomes. Some people have pieces of DNA that have moved from one chromosome to another.

In **your chromosomes** two pieces of DNA from two different chromosomes have swapped places with each other. This is called a **translocation**, because the **location** of pieces of DNA have changed.

There is no missing or extra DNA, so the translocation is called a **balanced** translocation.



Other people also have balanced translocations like you. Just like people without a translocation, you are all different from each other. Most people don't even know they have one! Your mum or dad might have one! Or maybe one of your brothers or sisters?

Normally you only find out that you have a translocation if your mum or dad has one or when you grow up and start thinking about having your own children.



A balanced translocation won't affect you but if one of your parents has a balanced translocation it might mean that you have a brother or sister with an **un**balanced translocation.

An **un**balanced translocation means that some DNA might be missing or extra or both, and this can cause your brother or sister to have learning difficulties or be a bit poorly.



Remember that we are all different in many ways, and we all have slightly different DNA! It's good to know about your balanced translocation so you are ready when you grow up and have your own children.

# Inform Network Support



Understanding Chromosome & Gene Disorders

## Rare Chromosome Disorder Support Group

The Stables, Station Road West, Oxted, Surrey RH8 9EE, United Kingdom

Tel: +44(0)1883 723356

[info@rarechromo.org](mailto:info@rarechromo.org) | [www.rarechromo.org](http://www.rarechromo.org)

Join Unique for family links, information and support.

<https://rarechromo.org/join-us/>

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

<http://www.rarechromo.org/donate> Please help us to help you!

Unique also publishes a guide called 'Talking to Children and Young people about Balanced Translocations' as well as a 'Balanced Translocation' and 'Balanced Insertional Translocation' guide for adults.

Families should consult a medically qualified clinician in all matters relating to genetic diagnosis, management and health.

This guide was compiled by *Unique* using a guide written by Dr. Seonaid Beaumont, Sheffield, UK. The original work is licensed under a Creative Commons Attribution-ShareAlike 4.0 International License.



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