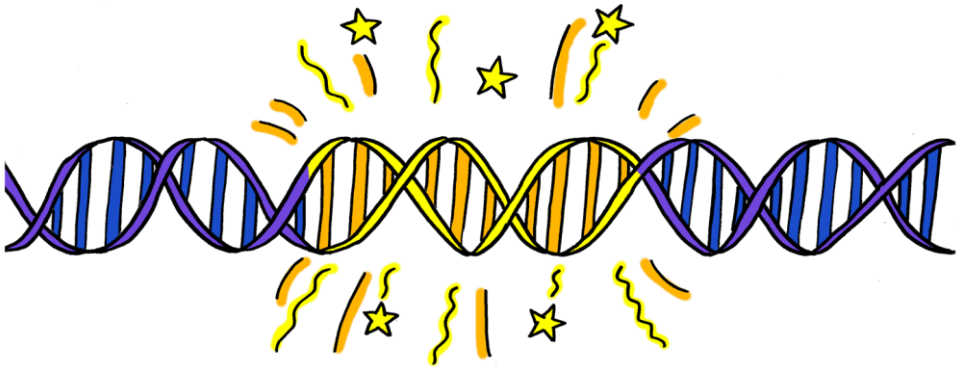
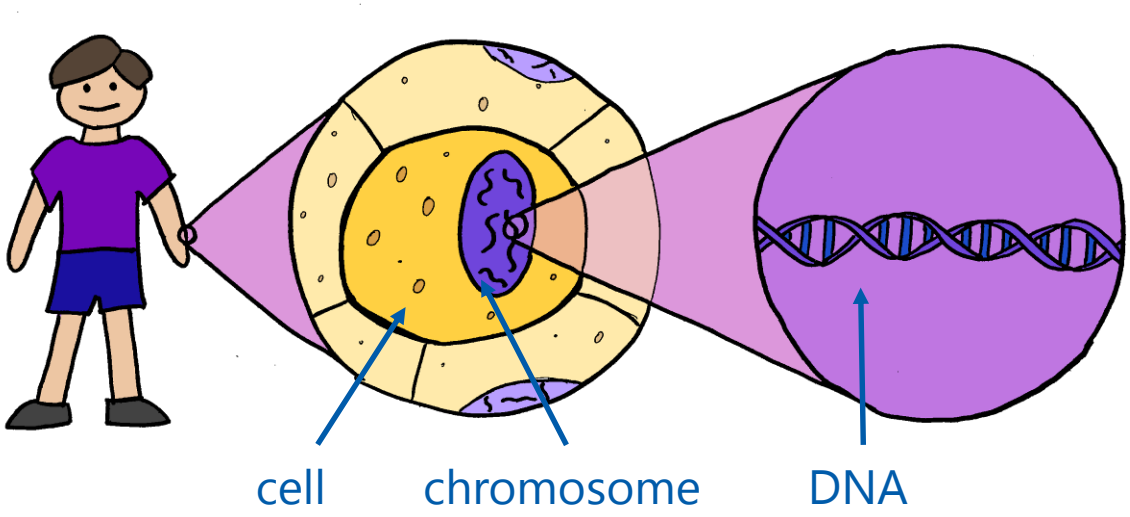


My Chromosome Story

A picture book for children with
chromosome duplications and microduplications

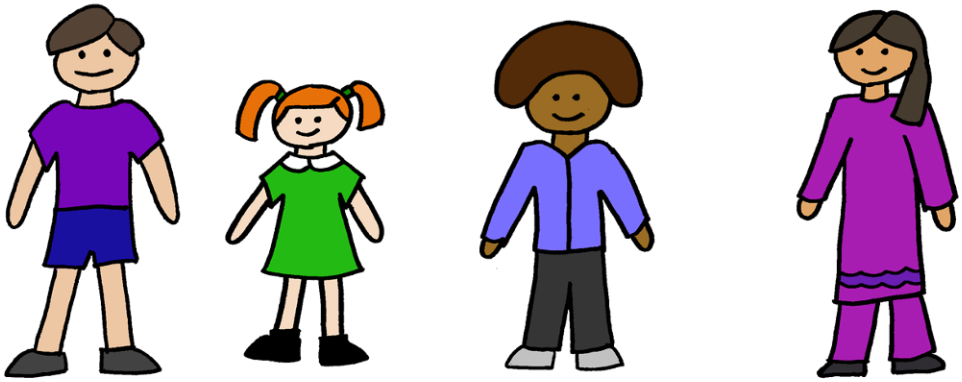


Your body is built from tiny building blocks called cells.

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.

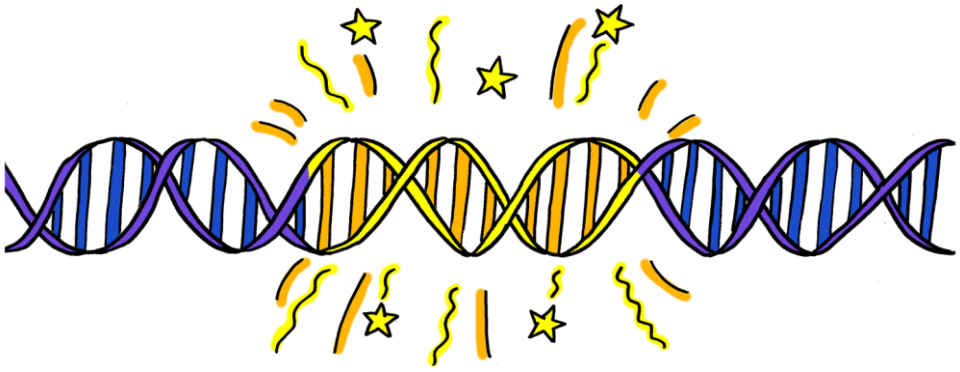
It might help to imagine the instructions are like a big book, and each chromosome is a different chapter.



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

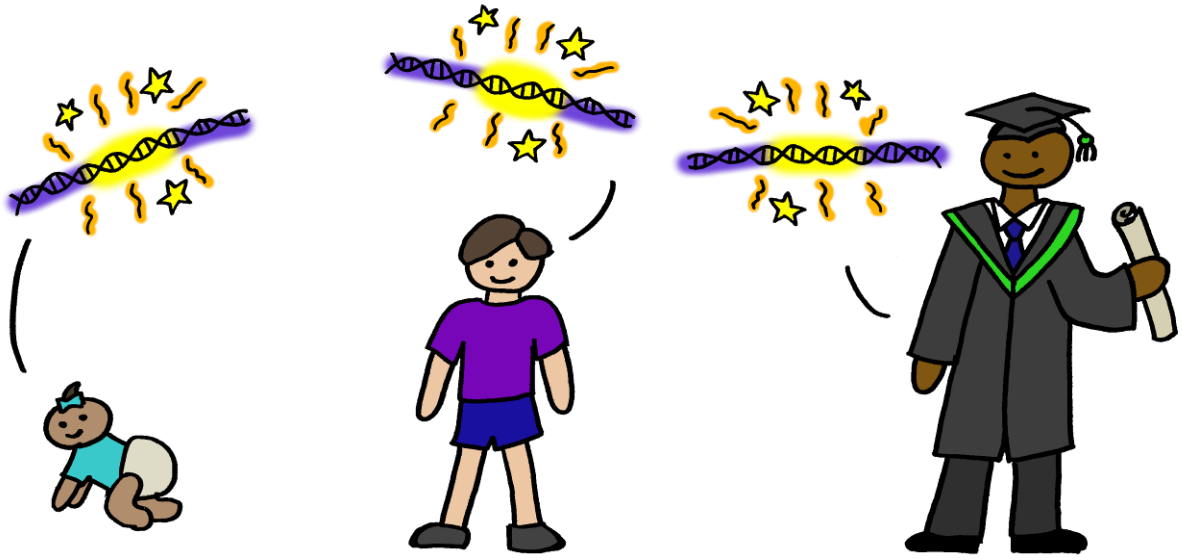
But DNA doesn’t determine everything.

Things that happen in your life make a difference as well, like if you live in a sunny place you might get darker skin, or if you do lots of art you might become more creative.



We all have changes to our DNA and there are lots of different types of changes that can happen. You have a little bit of extra DNA; one little piece of DNA has been copied and added to one of your chromosomes.

Your extra piece of DNA is called a duplication. If it's a very small piece of DNA that's been copied, then it's called a microduplication. (Micro means very small, and duplication means a bit has been copied).

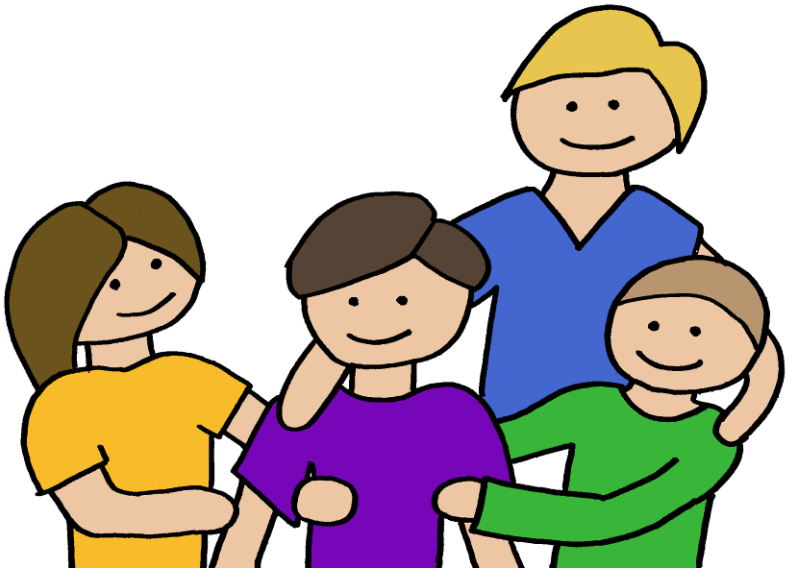


Other people might have the same duplication as you. Just like all people, you are still all different from each other. Some people don't even know they have a duplication.

Some people with a duplication find some things harder to do than people who don't have the duplication, but this is different for each person.

Some children with a duplication take a bit longer to learn how to talk and walk. Some children need a bit more help at school to understand things. Some children find it difficult to concentrate and sometimes feel a bit fed up!

It is good to know about your duplication, because now if you find some things difficult to do, your family and teachers will be able to help you even more than before.



Remember that we are all different in different ways, and we all need help sometimes. It's good that you are exactly the way you are, because your family loves you very much just for being you.

Inform Network Support

Rare Chromosome Disorder Support Group
The Stables, Station Road West, Oxted, Surrey RH8 9EE, United Kingdom
Tel: +44(0)1883 723356
info@rarechromo.org | www.rarechromo.org

Join Unique for family links, information and support.

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!

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

This guide was compiled by *Unique* (AP) based on a booklet written and designed by Dr. Seonaid Beaumont, Sheffield, UK. The original work is licensed under a Creative Commons Attribution-ShareAlike 4.0 International License.

2022 Version 1 (AP)

Rare Chromosome Disorder Support Group
Registered in England and Wales

Charity Number 1110661
Company Number 5460413