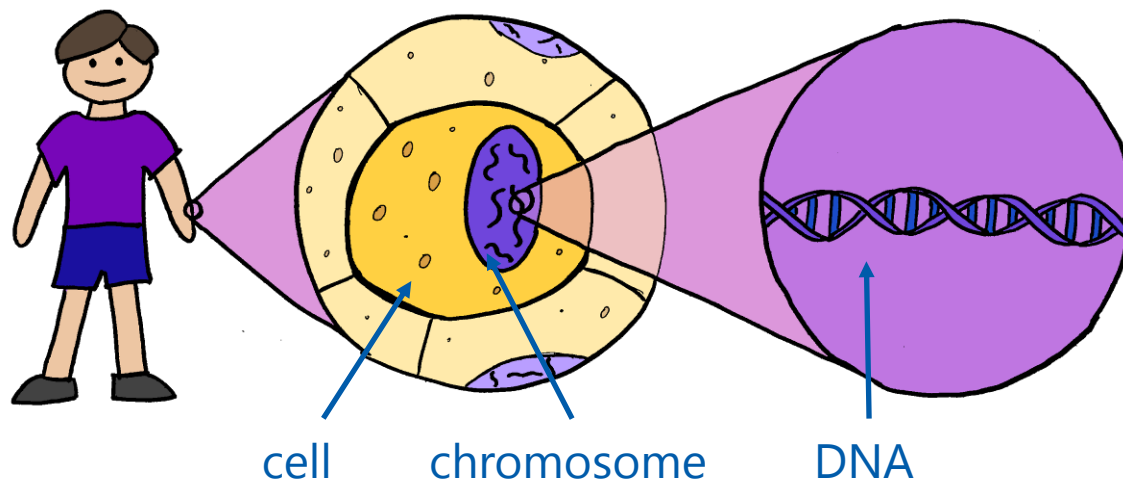




# My Chromosome Story

A picture book for children with  
a gene variant

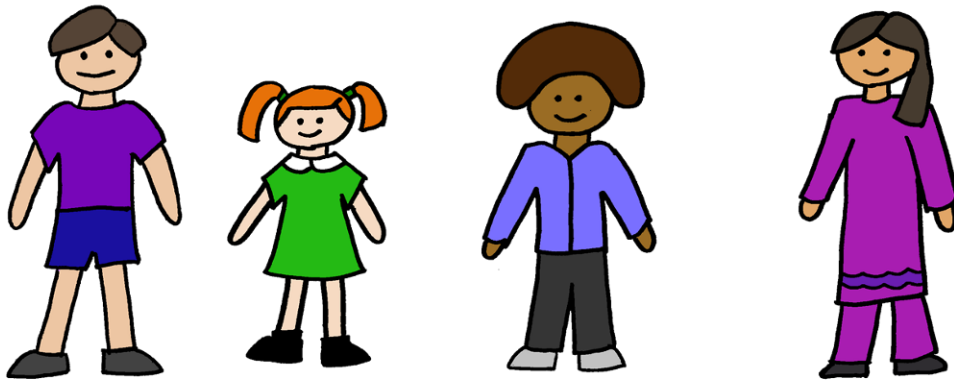


Your body is built from tiny building blocks called **cells**.

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

Genes are like really long sentences, but they're made from an alphabet that only has four letters (**A**, **T**, **C** and **G**).

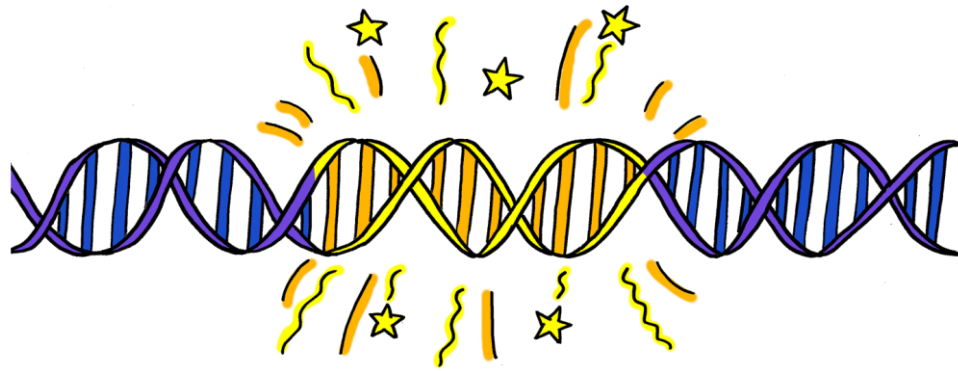
It might help to imagine that your cells contain a big book of instructions and each gene is a different sentence in the book.



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

But genes don'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.

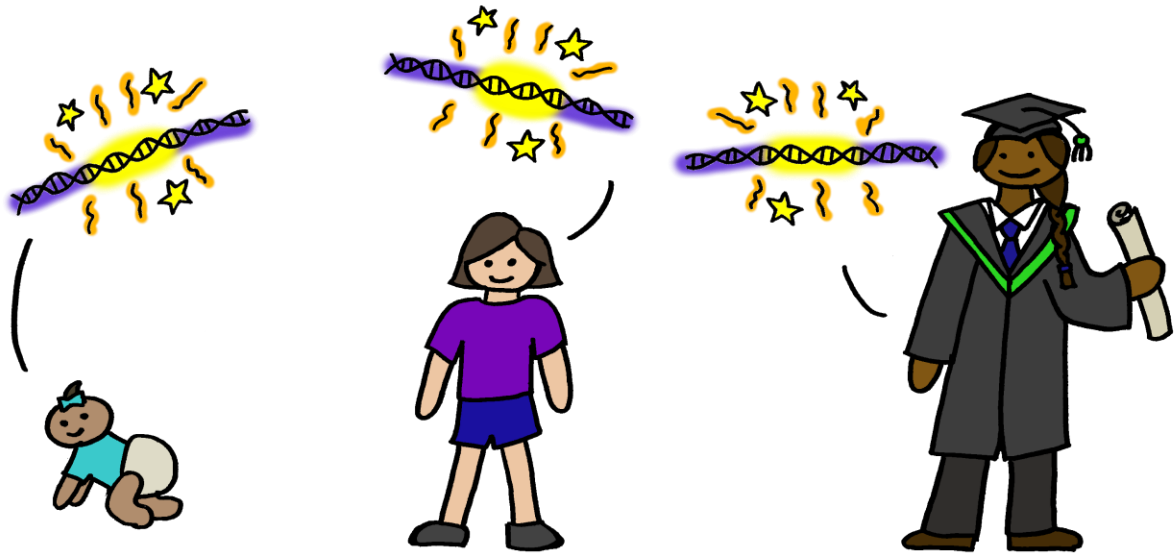


We all have thousands of genes, and each gene has its own special name.

Sometimes the letters in one of our genes are changed and this can change the gene's instructions.

The letters in one of your genes have a tiny change so this gene can't give its usual instructions.

Scientists call the change a gene **variant**.



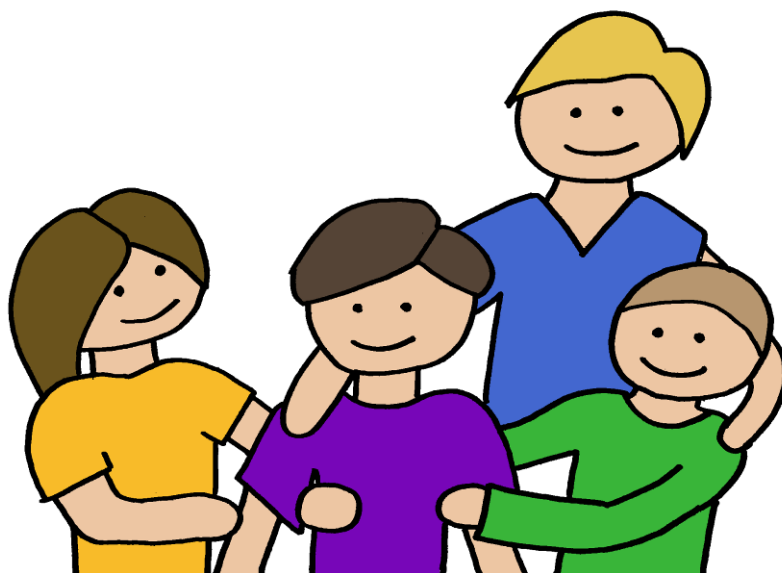
There are other children who have a tiny change in a gene like you. Just like children without this change, you are all different from each other.

Some children with a gene change find some things harder to do than children without it, but this is different for each child.



Some children with a gene change take a bit longer to learn how to walk and talk. Some children need a bit more help at school to understand things. Some children feel a bit fed up when it's difficult to talk or understand what grown-ups are saying.

It is good to know about the change in your gene, 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



Understanding Chromosome & Gene Disorders

## Rare Chromosome Disorder Support Group

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## 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 children's guide was compiled by *Unique* using a booklet 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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