Delivering the Diagnosis
After 20 years, mothers can still recall with nearly 82% accuracy the first conversation about Down syndrome.

**WHO should be present?**
- Mother and father present
- Physician - Both obstetrician and neonatologist, if possible
- Nurse
- Social Worker

**WHEN should you share the diagnosis?**
- Mothers want to know as soon as possible, *even if the diagnosis is not confirmed*
- Parents already know that there is something different about their child

**WHERE should the discussion occur?**
- Private room
- No other medical personnel; no visitors
- Mother and father/support person
- Provide parents a private place to be alone immediately after disclosure

**WHAT information should be shared?**
1. Basics
   - What is Down syndrome?
   - What is its cause?
   - What does it mean for the family, in practical terms?
2. Balanced, realistic information
   - Resources
   - Parent-to-parent mentoring
3. Limit information to the most *immediate* or common medical conditions:
   - *Cardiac defects, mild/moderate intellectual disability, hearing problems, ear infections.*

**The Importance of The Conversation**
What parents remember:
- Physicians and nurses offering congratulations
- The first words that healthcare providers used, which set the tone for the rest of the conversation.