



Jack's Basket is a 501(c)3 non-profit organization with a mission to celebrate babies with Down syndrome. We strive to ensure that every new and expectant parent is provided resources and avenues of support within the community. We aim to equip medical providers with tools to discuss the diagnosis in an unbiased way in hopes that the birth of a child with Down syndrome is celebrated like any other.



When a baby is diagnosed with Down syndrome, ask the family if they would like a complimentary basket with gifts and resources. Request for the family at **JacksBasket.org**.

When Bad News Isn't Necessarily Bad

7 Strategies for reframing the “breaking bad news” paradigm



Recognize that your words and conversation will be **a part of the family's story forever** – take that role seriously and consider how the family will retell this moment for years to come.

If at birth, remember to **congratulate the family** on the birth of their child; encourage them and others to **celebrate their baby**.



Avoid framing the news as “I have bad news” – this reflects your possible bias and may forever frame their child in that paradigm; consider phrases such as, “**I have some news which may be unexpected.**”

Offer hope that while it may not be what was expected, their child will be able to bring their family joy.



Provide expectations of what may need to happen in the **short term** (e.g. additional testing, follow up) **but avoid a laundry list of potential outcomes.**

Check the pulse of the conversation and **meet families where they are**; avoid the urge to be solely a pep talker or positive-spinner while offering encouragement.



Offer resources and connect them to families raising children with the same diagnosis when possible (see reverse).