

The child's eating habits may need careful scrutiny to prevent obesity. Height and weight measurements should be obtained on a serial basis. The previously used Down syndrome-specific growth charts no longer reflect the current population styles and body proportions; and until new research quality standards are developed, National Center for Health Statistics or World Health Organization charts should be used ([Bull and Committee on Genetics, 2011](#); [Wyckoff, 2011](#)).

During infancy, the child's skin is pliable and soft. However, it gradually becomes rough and dry and is prone to cracking and infection. Skin care involves the use of minimum soap and application of lubricants. Lip balm is applied to the lips, especially when the child is outdoors, to prevent excessive chapping.

Assist in Prenatal Diagnosis and Genetic Counseling

Prenatal diagnosis of Down syndrome is possible through chorionic villus sampling and amniocentesis, because chromosome analysis of fetal cells can detect the presence of trisomy or translocation. However, recent advances in development of noninvasive prenatal testing (NIPT) is a measurement of cell-free deoxyribonucleic acid (DNA) from the plasma of pregnant women, detecting nearly all cases of Down syndrome ([Lewis, Hill, Silcock, et al, 2014](#); [Liao, Chan, Jiang, et al, 2012](#); [Huang, Zheng, Chen, et al, 2014](#); [Palomaki, Kloza, Lambert-Messerlian, et al, 2011](#)).

Offer prenatal testing and genetic counseling to women of advanced maternal age and those who have a family history of the disorder. If prenatal testing indicates that the fetus is affected, the nurse must allow the parents to express their feelings concerning elective abortion and support their decision to terminate or proceed with the pregnancy. It is important for nurses to be aware of their own attitudes regarding testing and related decisions.

Fragile X Syndrome

FXS is the most common inherited cause of CI and the second most common genetic cause of CI or intellectual disability after Down syndrome. It has been described in all ethnic groups and races; the incidence of affected boys is 1 in 3600 to 4000, the incidence of affected girls is 1 in 4000 to 6000, the incidence of carrier girls is 1 in