

# LIVING WITH JORDAN'S SYNDROME: HYPOTONIA

I have **Hypotonia**, or low muscle tone.

These are some ways **Hypotonia** may impact me:



-Every activity and movement feel like a workout to me, so I may get tired faster than my friends and might require additional breaks.

-I might seem floppy or loose and fall or trip easily. I'm not clumsy, my muscles just can't help it. It might also be hard to carry things while keeping my balance.

-It makes it difficult and tiring to sit down for an extended period of time, which means I might get restless or need to lay down after a while, a supportive seating arrangement could help.



- I may also have a hard time with my speech and struggle with feeding. Be patient with me while I eat and learn, it may take longer than with my friends!



-When it comes to eating, I may not tolerate certain textures, and so a new food or snack might not be my favorite thing at first.

- Make sure you keep me within line of sight during recess or feeding if you think safety might be an issue.

- I may not be able to do everything other students do because my muscles just won't allow it, but I will always try my hardest and be happy to participate in activities in different ways.

