

Join HomeGrown to support lifelong well-being for your child with Down syndrome!



What is HomeGrown?

HomeGrown is an **online program designed specifically to help families with young children with Down syndrome improve nutrition and physical activity practices at home.** Co-designed by families, content experts, occupational therapists, and physical therapists, **HomeGrown helps you discover strategies that are supported by research, practical for your family, and meaningful for your child.** This is a research study, not treatment.

How it Works

HomeGrown's Behavioral Interventionist will guide you through the four-step process to **assess** your habits, **set goals** that fit your needs and priorities, **learn more** about strategies that work for you, and **keep it up!**

You will have access to:

- Practical ways to support your child's development
- Dozens of helpful videos and resources
- Peer-to-peer community discussion forum
- A dedicated HomeGrown coach to guide and encourage you

You will complete this process in our **Child Nutrition** or **Physical Activity** modules and select personalized goals depending on your families' interests and needs.



Eligibility

Families are eligible to participate in the HomeGrown study if they have a child ages 2-6 years who has been diagnosed with Down syndrome.

Complete our interest survey to learn more about joining the HomeGrown community!



Scan the QR code or [click here to access the survey!](#)

 go.homegrown@unc.edu

 gohomegrown.org

 **UNC Research Study**

This research study is funded by the National Institute of Health and led by the University of North Carolina Center for Health Promotion and Disease Prevention. IRB Number: 25-2418, IRB Email: IRB_subjects@unc.edu

Newsletter Article:

Families of Children with Down Syndrome Ages 2-6: Join the HomeGrown study to support lifelong well-being for your child!

When it comes to nutrition and physical activity, it can feel overwhelming to sort through all the advice out there, and even the best evidence-based recommendations can be challenging for families of children with Down syndrome to put into practice in daily life.



HomeGrown is an online program designed specifically to help families with young children with Down syndrome improve nutrition and physical activity practices at home. Co-designed by families, content experts, occupational therapists, and physical therapists, HomeGrown helps you cut through the noise and discover strategies that are supported by research, practical for your family, and meaningful for your child. Note: this is a research study, not treatment.

Our team is currently recruiting 38 families of children ages 2 to 6 years diagnosed with Down syndrome to test the platform, tools, and resources. Download the flyer or complete our interest survey to learn more about joining the HomeGrown community.

Social Media Captions:

Instagram

Join the HomeGrown study to support lifelong well-being for your child with Down syndrome!

HomeGrown is an evidence-based online program designed specifically to help families with young children with Down syndrome improve nutrition and physical activity practices at home. Note: this is a research study, not treatment.

- ✓ Learn simple, realistic routines for eating and moving at home
- ✓ Receive guided support from a HomeGrown coach
- ✓ Help shape a program that makes a difference

Families with children aged **2–6** diagnosed with Down syndrome are invited to join! Complete our interest survey to learn more about joining the HomeGrown community. Use the link in our bio or visit <https://tinyurl.com/JoinHGsurvey>.

#DownSyndrome #FamilySupport #ResearchOpportunity #HealthyHabits #HomeGrown


Facebook/Reddit/LinkedIn

Join the HomeGrown Study!

The *HomeGrown* study team is looking for families of children with Down syndrome (ages 2–6) to test our online program designed to support lifelong well-being at home.

About HomeGrown:

- **Research-based support:** An evidence-based program for families of young children with Down syndrome. Note: this is a research study, not treatment.
- **Realistic strategies:** Learn simple, healthy routines for eating and moving at home.
- **Created with care:** Designed by experts and families who understand your journey.
- **Community impact:** Be one of 38 families helping shape a program that makes a difference.

Take part from home and get practical tools, videos, and expert support — all designed to help your child grow strong and thrive. 

Complete our interest survey to learn more about joining the HomeGrown community!

https://unc.az1.qualtrics.com/jfe/form/SV_08SDpvZGvm5uUdM