

What is World Down Syndrome Day?

- World Down Syndrome Day (WDSD), celebrated annually on March 21, is a global awareness day which has been officially observed by the United Nations since 2012.

Why is World Down Syndrome Day Celebrated on March 21?

- The date for WDSD being held on the 21st day of the 3rd month of the year was selected to signify the triplication (trisomy) of the 21st chromosome which causes Down syndrome.

How Can You Celebrate World Down Syndrome Day?

- Spreading awareness about Down syndrome and promoting inclusion is the best way to celebrate! There are several ways to celebrate and educate on WDSD at home and in the community. Need some inspiration on where to start? Take a look at our list below!

Rock Some Socks or Blue & Yellow

For many years, people have been wearing mismatched or “crazy” socks to celebrate World Down Syndrome Day. The socks represent the shape of a chromosome when seen from a karyotype, while the fun and bright colors grab attention and make it easy to spread the word. Blue and yellow are the Down syndrome awareness colors, so many people will rock a fun blue and yellow outfit to work as well! NDSS has partnered with John’s Crazy Socks and Down Syndrome International for an official pair of 2024 WDSD Socks!

[You can buy yours here.](#)



Share Educational Resources

Here at NDSS, we have many free resources that you can share with your colleagues and families you support to help spread awareness and understanding about Down syndrome. From our [New & Expectant Parent Guide](#), to [Healthcare Guidelines](#), [Aging Resources](#), [health-related webinars](#), and more, we’ve got you covered on tons of educational information you can utilize on the big day.



A Promising Future Together
A Guide for New and Expectant Parents



The National Down Syndrome Center provides educational and support services and other families to bring positive change, providing resources, support, and advocacy for families, and building public awareness.

Participate with Your Colleagues in Racing For 3.21

Every year on World Down Syndrome Day, we host our virtual Racing For 3.21 event! Walk, run, bike, hike, or move however you’d like for 3.21 miles on 3/21! Register your colleagues as a team and ask your friends, families, and other co-workers to support your efforts!

[You can learn more about Racing For 3.21 here.](#)



Check out our other World Down Syndrome Day resources by scanning the QR Code!

