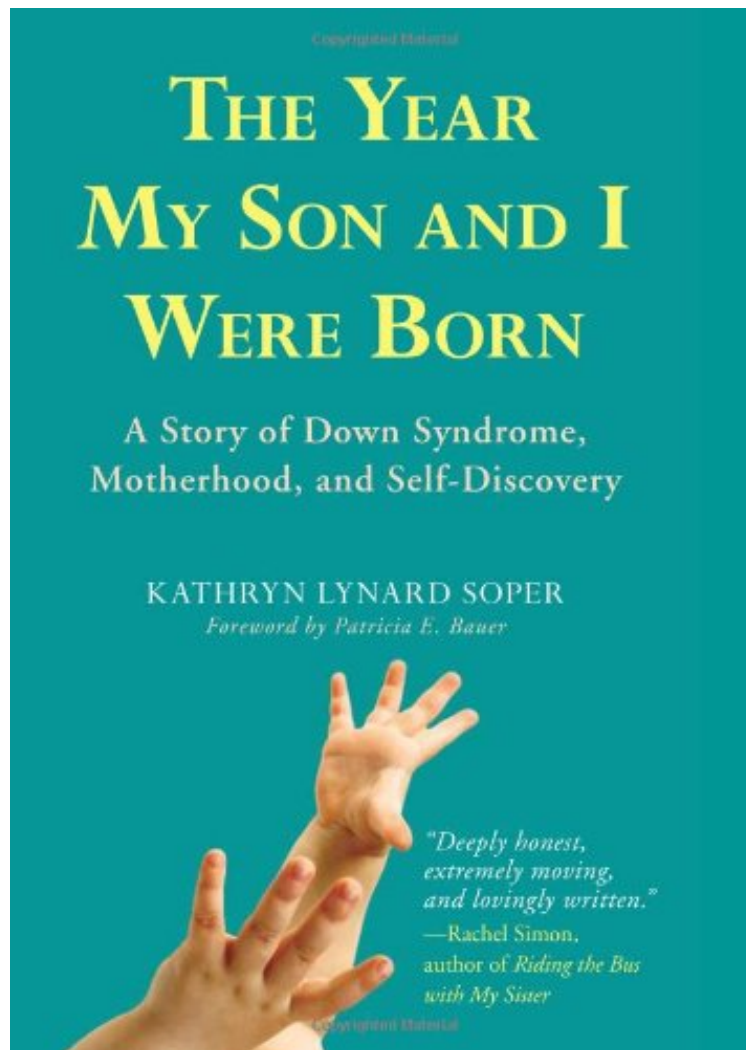


[Read free ebook] The Year My Son and I Were Born: A Story of Down Syndrome, Motherhood, and Self-Discovery

## The Year My Son and I Were Born: A Story of Down Syndrome, Motherhood, and Self-Discovery

Kathryn Lynard Soper  
audiobook / \*ebooks / Download PDF / ePub / DOC



 Download

 Read Online

#485310 in Books GPP Life 2010-04-13Original language:EnglishPDF # 1 1.20 x 5.10 x 8.00l, .75 #File Name: 0762760346336 pages | File size: 17.Mb

**Kathryn Lynard Soper : The Year My Son and I Were Born: A Story of Down Syndrome, Motherhood, and Self-Discovery** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Year My Son and I Were Born: A Story of Down Syndrome, Motherhood, and Self-Discovery:

3 of 3 people found the following review helpful. a powerful bookBy beachgoerWhen my own son was born with Down syndrome, I ordered every book I could find on the subject. I was searching for a story, a connection, that would help me make sense of my own feelings. I found "Gifts", and found in those writings some comfort and recognition

that I was not alone. That others had been through the shock, grief, and guilt I felt when I walked out of the hospital. "The Year My Son and I Were Born" had not yet been released. When it was published some time later, I have to admit I didn't look at the book very closely, figuring I had read so much already, and it was unlikely that this story, the story of a woman who I thought was nothing like me, would be the book that I had been looking for. I was totally wrong. A friend suggested I take a look, and I am grateful that she did. Kathryn Lynard Soper's writing draws you in, and her honest and sharp descriptions of her journey with her son Thomas in that first year were breathtaking. Even though her story is not the same as mine (her son spends time in the NICU, and needs oxygen tubes for the first few months), so many of the feelings and conversations she describes were painfully familiar to me. Her defensiveness in conversations with people who seem to pity her (or who express words that she interprets as pity-- she candidly admits the conflicting series of emotions that seem to run through many conversations with "well-meaning" friends and acquaintances). Her uncertainty and frustration in dealing with the medical professionals who are unable to provide real information to her, and yet expect her to make decisions about Thomas' medical care. Her tough examination of her own fears and prejudices. Her journey of patience and empathy, as she begins to assess the priorities and assumptions that had really framed her life to this point. Like Ms. Soper and many other new parents of children with Down syndrome or other special-needs, I had never really considered that I might have a child who would need anything "extra". My son was the first person I had met with Down syndrome. At the time, I felt that I had no friends who would understand what I was going through, or would be able to help me along the way. "The Year My Son and I Were Born" is the friend I was looking for- the funny, sarcastic friend who says she's been there, it's ok to cry, and gives you hand to help you move forward. I highly recommend it to others, and it's the first book I recommend to any new parent of a child with Down syndrome. (But I agree with other reviewers- it is likely to make you cry, wherever you are reading it, so if you're shy about that kind of thing keep it at home!).

2 of 2 people found the following review helpful. A Must-Read By POV Coming on the heels of a world-wide media introduction to Alaska Governor Sarah Palin's baby, who has Down syndrome, Kathryn Lynard Soper's memoir should be on every public library's shelf. With some 5000 children born with DS each year in the U.S. alone, and a 90 percent abortion rate for those diagnosed prenatally, this is an important book. While offering hope and encouragement, Soper dispels some of the myths about DS, including the adage that special children are given to special people. She didn't feel chosen by a magic wand or divine intervention. DS is a random occurrence, about one in 800-1000 births. Soper's honesty about her initial feelings of disappointment, resentment, inadequacy, discomfort around people with disabilities, despair, even embarrassment, is commendable. Her words are a gift to anyone facing the fear and uncertainty that come with raising a child with special needs of any kind. Soper's prose is compelling and endearing, but for me, the most poignant words in her story come from her husband, Reed. On the Mormon occasion called the Baby Blessing (baptism is at age eight), he holds his seventh child and recites blessings that sum up the family's acceptance, love, and dedication to Thomas. He blesses the baby for his unique mission here on earth; that of teaching them how to love each other. He asks that the family be able to bear any burdens placed on them by Thomas's health. He ends with, "And, Thomas, we say unto you, we say that any good thing denied you in this life will be given in the life to come." I was left with the feeling that Thomas is in capable and nurturing hands. Read my interview with Kathryn Lynard Soper in the spring issue of [...]

1 of 1 people found the following review helpful. the most-often borrowed book in my library By S. Miner A couple of days ago, a friend came over to my house and asked if she could borrow a few books. I took her through my unpacked and accessible stash and handed her this as a possibility. "Oh, this one is really good," I said. "Is it just good because she's a friend of yours?" she asked. "No, it's legitimately good," I assured her. She took it home with her. I'm interested to hear what my friend has to say, but I really do think that Kathy Soper's memoir is legitimately good, excellent even, and not just because she's a friend, a mentor, and the Editor-in-Chief at Segullah. I devoured *The Year My Son and I Were Born*, finishing it in less than 24 hours, and although I don't have a child with Down Syndrome, there were so many parts of the book that resonated with me. Kathy writes with such honesty about being an overachiever and wanting her children to follow in her footsteps, and that's something I can totally identify with. I want my children to reflect well on me, sometimes to their detriment. Kathy's memoir inspired me to try to love my children for who they are and help them become their best selves, even if their best self isn't reflective of the self I want them to become.

A brutally honest yet beautiful journey of how one mother learned to bond with her disabled son and gained a new perspective on life.

*The Year My Son And I Were Born*