

UNDERSTANDING FRAGILE X SYNDROME



Fragile X Syndrome

Fragile X Syndrome is caused by changes on the FMR1 gene located on the X Chromosome. The gene shuts down and stops production of FMRP which is essential for brain development.

FMRP

Lack of FMRP leads to very high levels of anxiety in children with Fragile X Syndrome. They are not equipped to regulate anxiety and need external help.



Anxiety



Anxiety interferes with the learning and behaviours of children with Fragile X Syndrome. It is important to address anxiety to empower them for daily living.

Physical

Sensory-Hypersensitive to touch, auditory, smell, taste.
Motor-Difficulty with fine and gross motor planning & sequencing.
Vestibular and Proprioceptive- Difficulty in making physical transitions.



Cognitive

Intellectual disability/autism.
Repetitive/echolalic speech.
ADHD, hyperactivity and impulsivity.

Maturation of sensory processing occurs slowly, or not at all, in Fragile X children. Incorporating a sensory diet as a part of daily routine can help the child to get through the day in a more calm and organised state as well as increase attention and focus.