

SUPPORTIVE GUIDANCE FOR XYY SYNDROME



WHAT IS XYY SYNDROME AND HOW A DIAGNOSIS IS MADE

- ❖ Only males are born with XYY Syndrome
- ❖ In males their genetic make-up consists of one X chromosome and one Y chromosome (XY).
- ❖ XYY Syndrome is a genetic condition caused by a random split in the cells which creates an extra copy of the Y Chromosome. (XYY)
- ❖ Males with XYY syndrome have 47 chromosomes because of the extra Y chromosome, where the average male has only 46 Chromosomes.

Diagnosis can only be confirmed by a genetic blood test.



XYY Syndrome Association of Australia Inc.

Please note: Each XYY male is unique and the following strategies, tools and tips are to be used as a guide and may not apply to each individual XYY male.

XYY SYNDROME

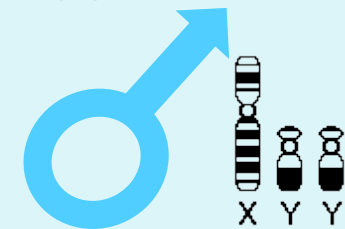


- ❖ What is XYY Syndrome and how a diagnosis is made
- ❖ Therapists utilised for XYY Syndrome
- ❖ Specialist support - Occupational Therapist
- ❖ Associated traits and characteristics
- ❖ Understanding XYY Syndrome
- ❖ XYY and Executive Functioning
- ❖ How an Educator can help and support XYY
- ❖ Communication between the teacher, EA, and parent in relation to the needs of each individual child.
- ❖ Sharing our experiences as a family living and caring for a child with XYY Syndrome

WHAT IS XYY SYNDROME AND HOW A DIAGNOSIS IS MADE



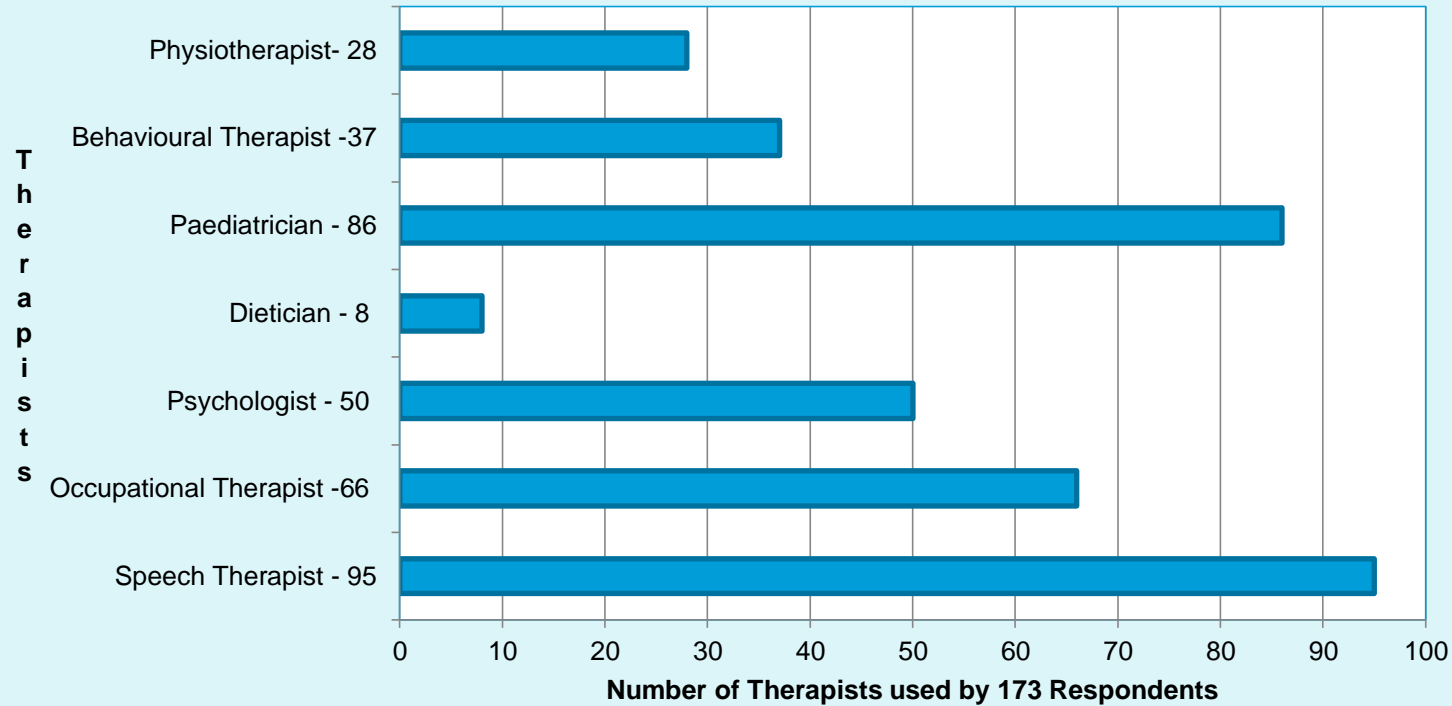
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THERAPISTS UTILISED FOR XYY SYNDROME



Top Therapy/treatment supporting XYY Syndrome



**GP &
Geneticist**

**Neurologist
(Brain)**

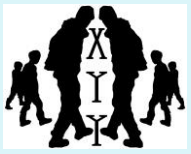
**Podiatrist
(Feet)**

**Pulmonologist
(Chest)**

Psychiatrist

**Social
Communication
Therapy**

SPECIALIST SUPPORT - Occupational Therapist:



GROSS-MOTOR:

Focus Areas:

Motor, Core, Balance

Activity:

- ❖ Obstacle course
- ❖ Scooter & balance boards
- ❖ Stack of pillows
- ❖ Island hopping
- ❖ Fit ball
- ❖ Hopscotch
- ❖ Heavy work activities
- ❖ Climbing
- ❖ Bike riding

FINE-MOTOR:

Focus Areas:

Hand strengthening,
Bilateral co-ordination

Activity:

- ❖ Tug of war
- ❖ Play dough
- ❖ Rolling pin
- ❖ Catch and throw
- ❖ Lacing/threading beads
- ❖ Hand clapping rhymes
- ❖ Pegs
- ❖ Tongs/tweezers

DAILY LIVING:

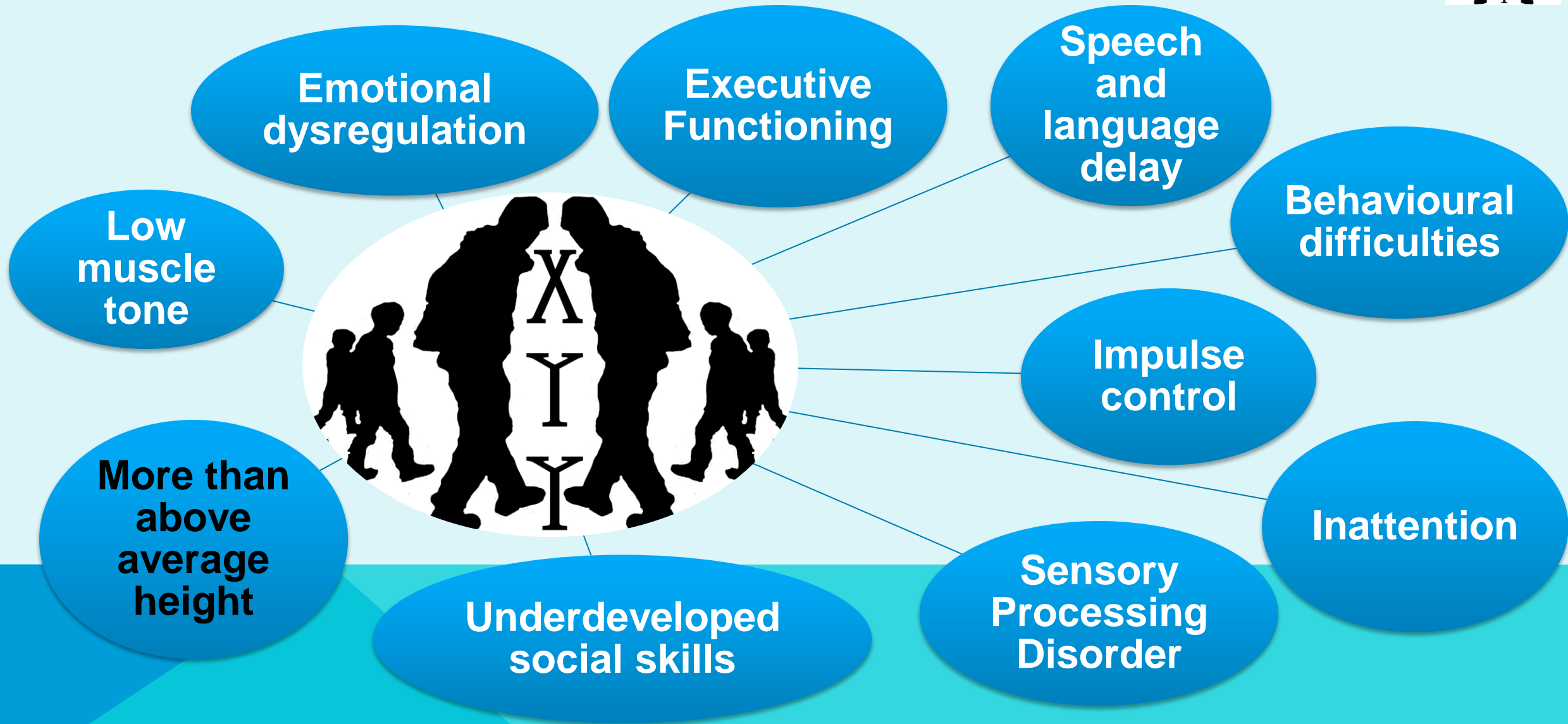
Focus Areas:

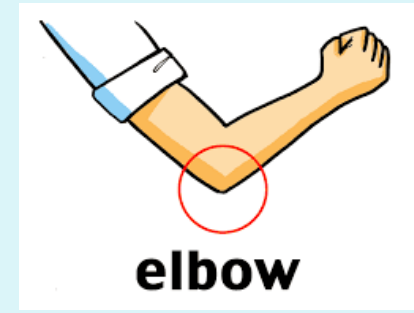
Putting shoes on, Tying laces,
Brush teeth, Personal hygiene,

Activity:

- ❖ Threading
- ❖ Cutting
- ❖ Spreading
- ❖ Rolling
- ❖ Posting
- ❖ Peg games
- ❖ Lego
- ❖ Putting on and tying shoes

ASSOCIATED TRAITS AND CHARACTERISTICS





Easily tired

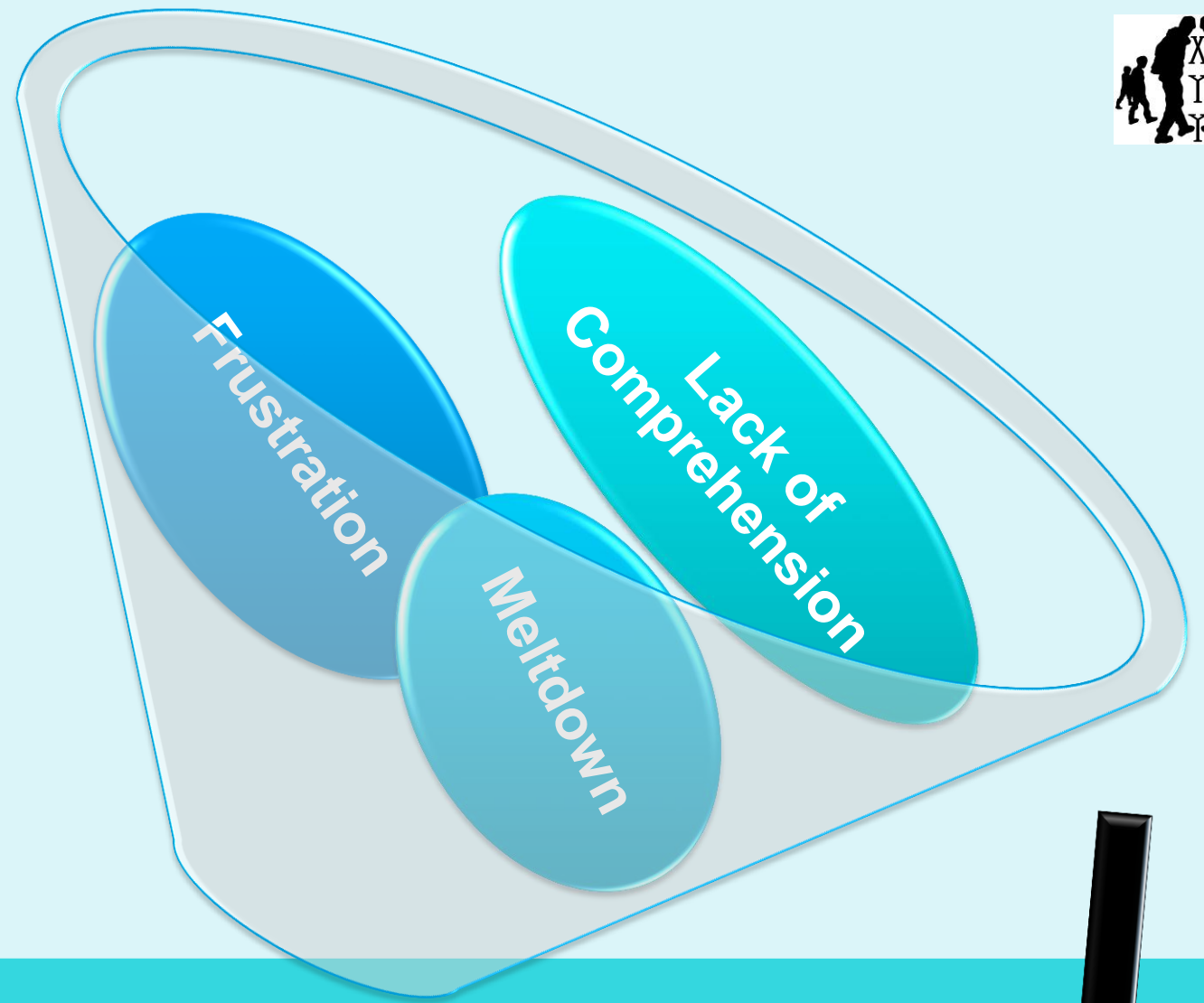
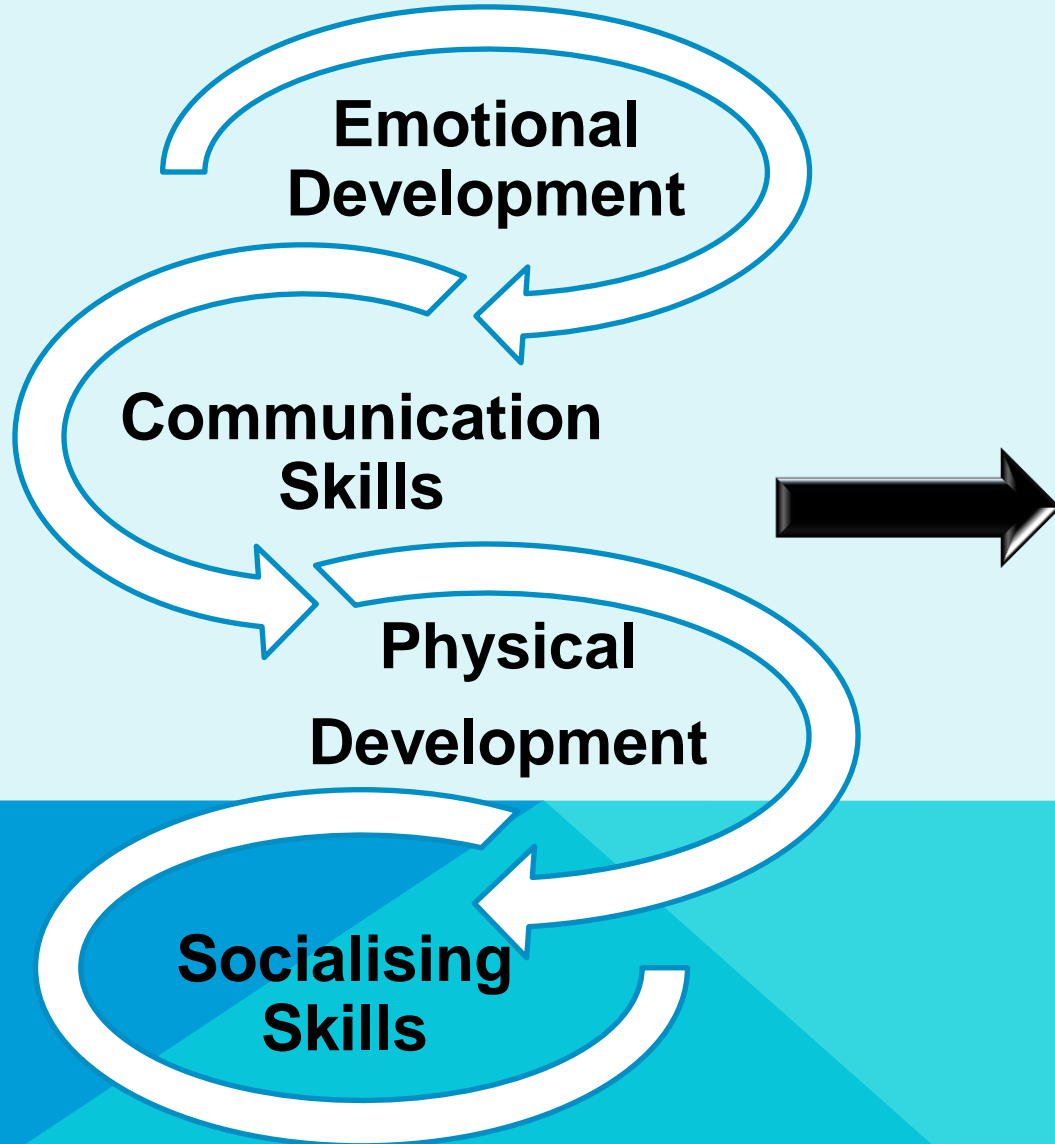
Low muscle tone

Less range



Muscles work harder

UNDERSTANDING XYY SYNDROME



Task Avoidance = Behaviour

XYY AND EXECUTIVE FUNCTIONING



What is Executive functioning?

Skills:

- ❖ Planning and implementing
- ❖ Regulating behaviour
- ❖ Impulse control
- ❖ Attention
- ❖ Organising
- ❖ Working memory

Strategies:

- ❖ Visual supports
- ❖ Supporting emotions
- ❖ Creating steps to support tasks
- ❖ Supporting changes & transitions

EDUCATOR STRATEGIES TO SUPPORT XYY



- ❖ Trust, building a relationship
- ❖ 1:1 support
- ❖ Being aware of cues/triggers
- ❖ Set clear rules and boundaries
- ❖ Flexible learning plans
- ❖ Scaffolding tasks
- ❖ Visual aides
- ❖ Using timers for specific tasks
- ❖ Modelling appropriate behaviour
- ❖ Use rewards of child's interest or positive reinforcement
- ❖ Allow processing time - less words is best



Communication training and behaviour therapy will help males with XYY Syndrome learn to socialise more successfully.

STRATEGIES WITHIN A CLASSROOM

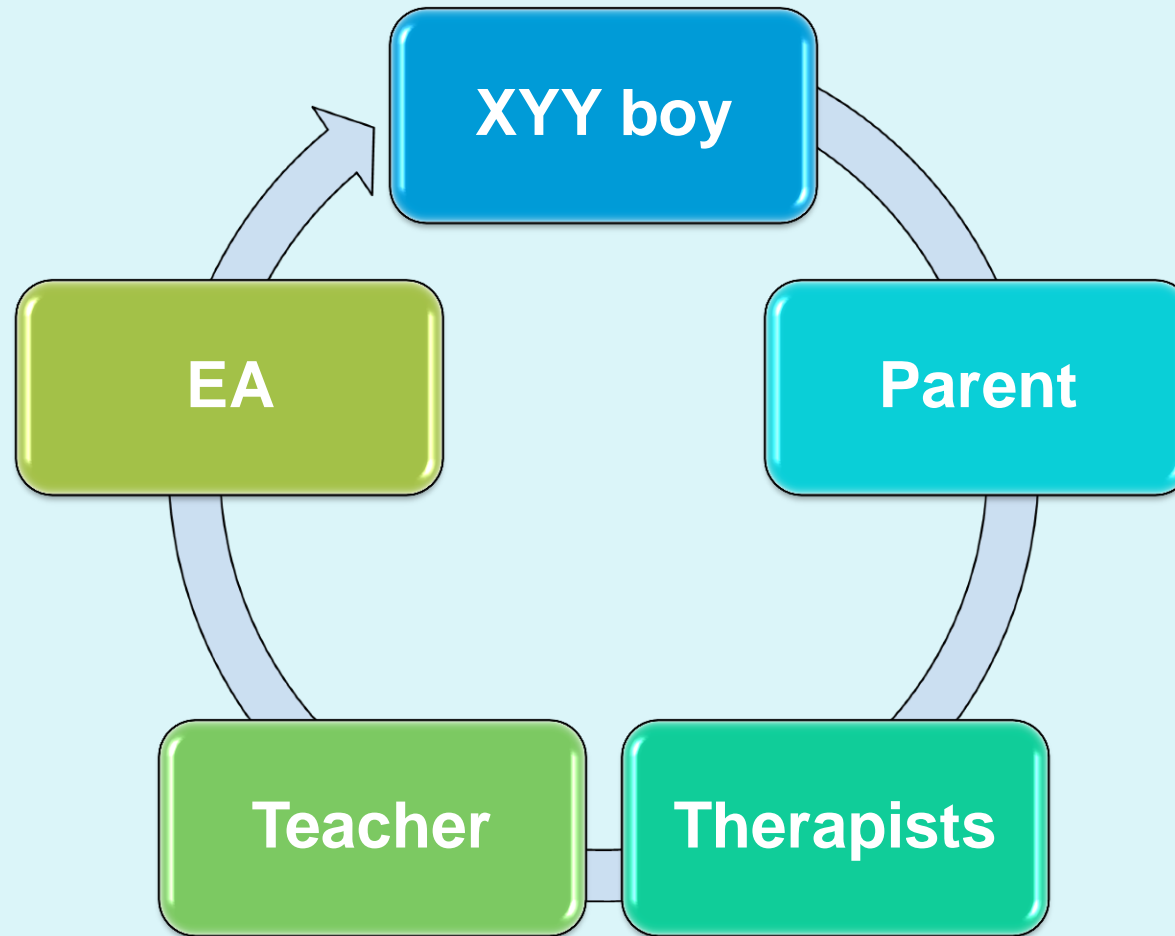


- ❖ Pick your battles
- ❖ Retain trust
- ❖ Scaffolding tasks - comprehension
- ❖ Now / Then
- ❖ Flexible routines
- ❖ Visual charts, movement to goal
- ❖ Allowing independence with direction to stay on task
- ❖ Social stories - appropriate behaviour
- ❖ Guidance needed for social interactions

Recommended courses:

- ❖ 1,2,3 Emotional coaching
- ❖ PATHS
- ❖ Positive Partnerships

COMMUNICATION



NOTE:

Consistency in communication is needed between Teacher and EA towards student

SHARING OUR EXPERIENCES WITH XYY SYNDROME



What home life looks like: Our son is 8 years old

- ❖ Tight routine during school week
- ❖ Maintain a structured routine including weekends and school holidays
- ❖ Therapy includes Speech, Paediatrician, Behavioural Therapist, Developmental Therapist, Occupational Therapist, in house support and social groups during school holidays
- ❖ Other Therapists - Genetics, Psychologist, Physiotherapist, Social Worker, Local Area Co-ordinator

- ❖ CONSTANT supervision

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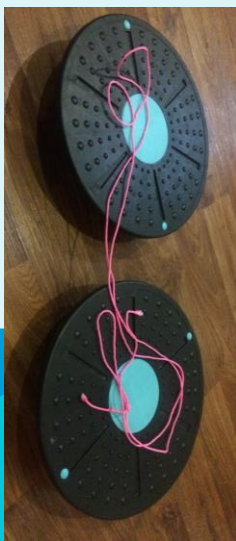
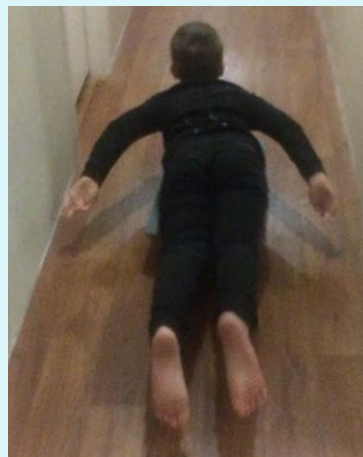
- ❖ Fixated on activities/people
- ❖ Impulse control
- ❖ Finds it hard to stay on task, unless it's of interest
- ❖ Emotional response, outbursts, throws objects
- ❖ Restless going to bed, inability to wind down which can impact next day

STRATEGIES:

- ❖ Short burst activities
- ❖ Timer and visual aides
- ❖ 1:1 sports i.e. horse riding and rock climbing, can be lost in group sports

Concerns for child protection and road safety

Activities & Resources used to support XYY Syndrome





XYY SYNDROME IS ALSO COMMONLY DIAGNOSED ALONGSIDE:

- ❖ Autism
- ❖ Attention-deficit/hyperactivity disorder (ADD/ADHD)
- ❖ Obsessive compulsive disorder (OCD)
- ❖ Oppositional defiant disorder (ODD)
- ❖ Dyslexia
- ❖ Asthma
- ❖ Hypotonia
- ❖ Hypermobility
- ❖ Apraxia
- ❖ Dysarthria
- ❖ Anxiety
- ❖ Epilepsy
- ❖ Tourette's Syndrome
- ❖ Global Developmental Delay (GDD)
- ❖ Sensory Processing Disorder

**XYY SYNDROME IS INVISIBLE
NOT ALL DIFFERENCES ARE NOTICEABLE**



XYY SYNDROME ASSOCIATION OF AUSTRALIA INC.



Mission Statement

- ❖ Creating awareness for XYY Syndrome by obtaining and providing the latest research for XYY families and the community.
- ❖ Networking with government services, medical specialists, general practitioners and educators to create better understanding for XYY Syndrome.
- ❖ Rare Syndrome recognition for XYY Syndrome within State and Federal Government and educational systems.

Website: xyyaustralia.org

Facebook:

**XYY Syndrome Association of Australia Inc.
XYY Syndrome Support Page Australia**

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