

*Correspondence***Taking care of the children with Down's syndrome is a painful burden on their mothers**Reza Abdollahi ^{a*}  | Shabnam Rasoulpoor ^b 

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Email: rezaabdollahi97@yahoo.com<https://doi.org/10.32598/JNRC.P.2403.1043>This is an open access article under the terms of the [Creative Commons Attribution-NonCommercial 4.0 License](https://creativecommons.org/licenses/by-nc/4.0/) (CC BY-NC 4.0).

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To the Editor

Down's syndrome is one of the genetic abnormalities that can cause different degrees of mental retardation from moderate to severe in children [1]. The incidence of this disorder in the world is one person in every 700 to 800 live births, although this number has increased in recent years [2]. Usually, the children with Down's syndrome are at risk of chronic physical diseases and growth, development, behavioral, and emotional problems. Therefore, children with Down's syndrome are considered as a group of children with special needs who need more care than normal children [3]. The presence of chronic diseases such as congenital heart defects, hypothyroidism, and immune disorders can affect many aspects of the life of caregivers of children with Down's syndrome, leading to fatigue, isolation, burden, and stress [4]. The needs of the family of children with Down's syndrome are significantly higher because the family must be more involved in child care due to developmental delays, limitations in daily life activities related to self-care such as dressing, personal hygiene [5].

Mothers are at the core of the family and because they are the main caregiver in most families, they are particularly vulnerable because they bear the emotional, physical, and financial burden as well as limitations in social activities due to the burden of caregiving [6]. The birth of a child with Down's syndrome creates problems in different dimensions for parents, especially mothers, which can show themselves with feelings such as sadness, helplessness, mental turmoil, and suicide [7]. In addition, the burden of caring for a child with disabilities and special needs can have a

great negative impact on the quality of life of parents. In general, it can be said that the mothers of children with Down's syndrome are often involved in the care of these children continuously throughout their lives due to the extent and permanence of most of the symptoms of this disorder [8]. Therefore, family members, especially mothers, experience a lot of stress during their lives, which may affect their mental and physical health. The highest amount of care burden experienced by the parents of children with Down's syndrome includes time care burden, developmental care burden, spiritual care burden, physical care burden, and social care burden, respectively [10].

In sum, the mothers of children with Down's syndrome are facing many and complex challenges in different dimensions when caring for these children, and these challenges are caused by the imposition of physical, mental and psychological pressure on them and in a sense, it can be said that it puts a heavy burden on them, so it seems necessary that the factors affecting this phenomenon are evaluated and analyzed so that this burden can be reduced by careful planning and effective measures and improved the quality of life of mothers of children with Down's syndrome.

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Authors' contributions

Substantial contributions to the conception or design of the work; or the acquisition, analysis, or interpretation of data for the work; RA, SR; Drafting the work or revising it critically for important

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Availability of data and materials

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Using artificial intelligent chatbots

None.

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