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Chromie's Chronicles



The Story of You and Me

A Children's Book Exploring Genetics

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Chromie's Chronicles

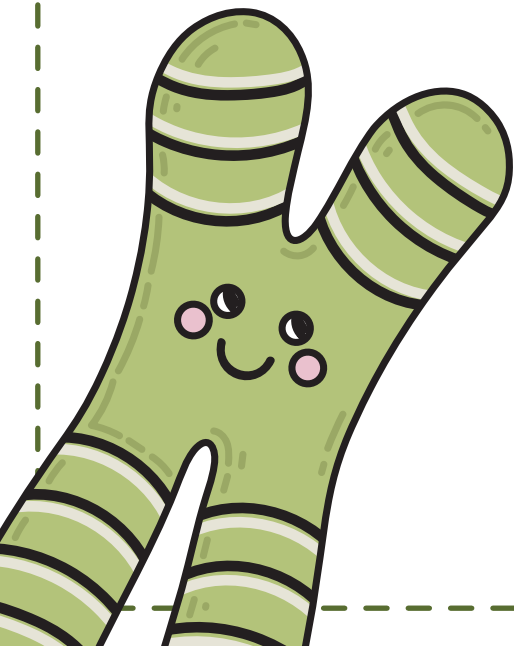


The Story of You and Me

A Children's Book Exploring Genetics

Meet Chromie the Chromosome

Chromie is a tiny, cheerful guide who lives inside your body and carries the special code that makes you, you!

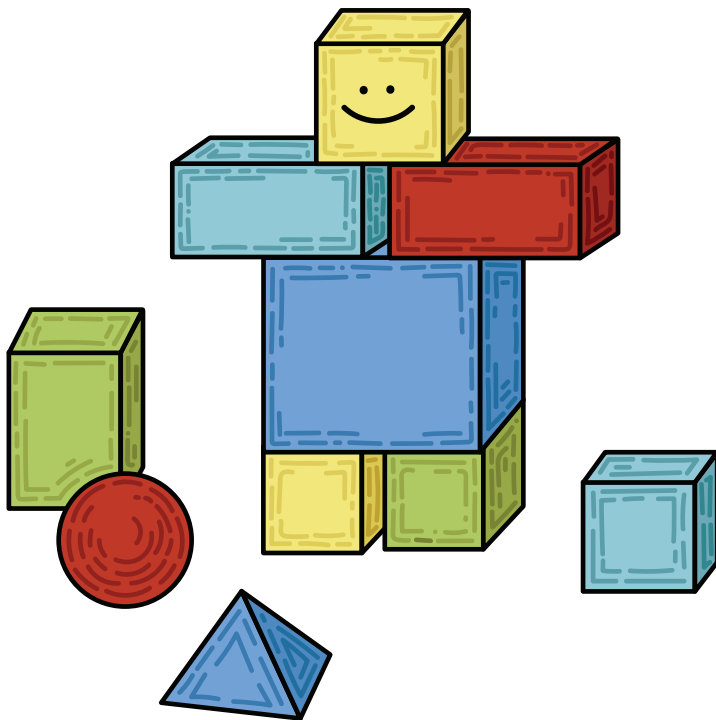


Chromie is here to teach you how your body grows, works, and what makes every person unique.

Our genetic information is the
special code inside of you and me.



It is the building blocks inside our bodies that
make us who we are meant to be.



We get half of our genetic information from our mother and the other half from our father.

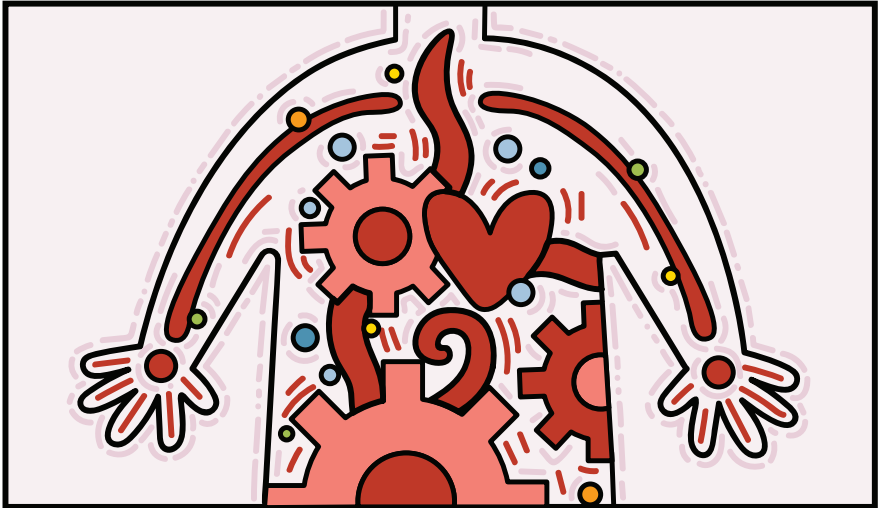


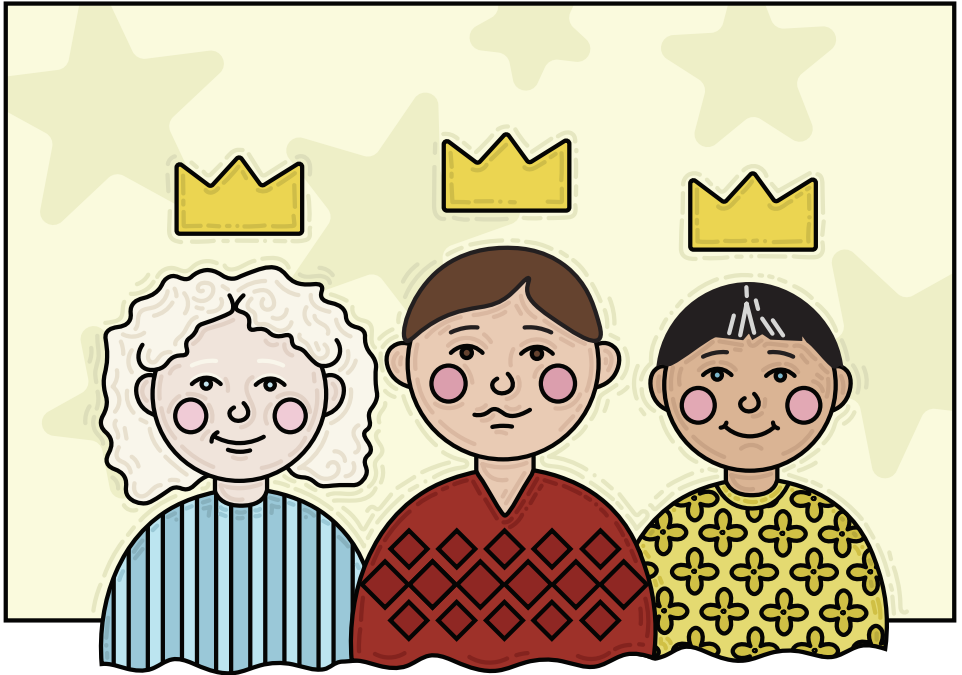
This information decides what we
look like on the outside.



Like our eye colour, our hair colour,
and even how tall we will be.

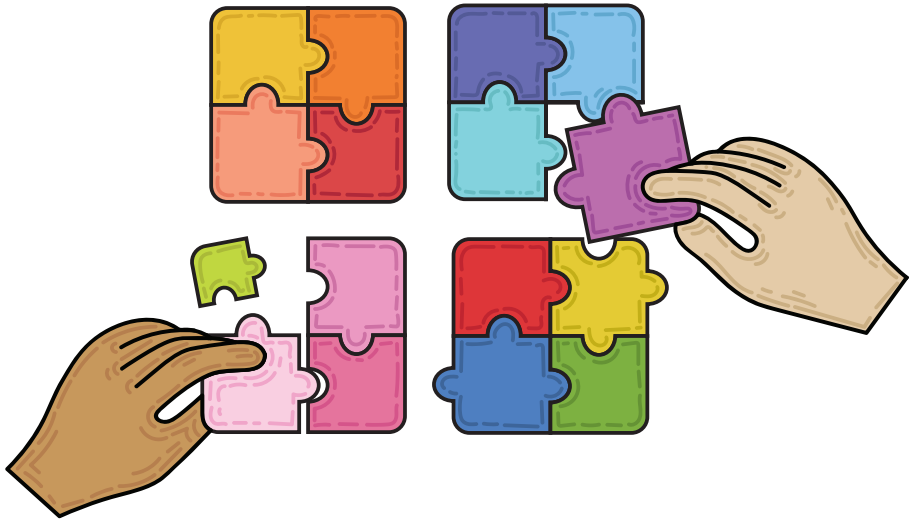
It also decides how our bodies work on the inside. How our heart beats, how our muscles work, and even how our lungs breathe.





Although everyone has genetic information,
yours is unique to you.

Sometimes, a person can be born with changes in their genetic information.



This can mean that there is too much or too little information or the information isn't where it should be.

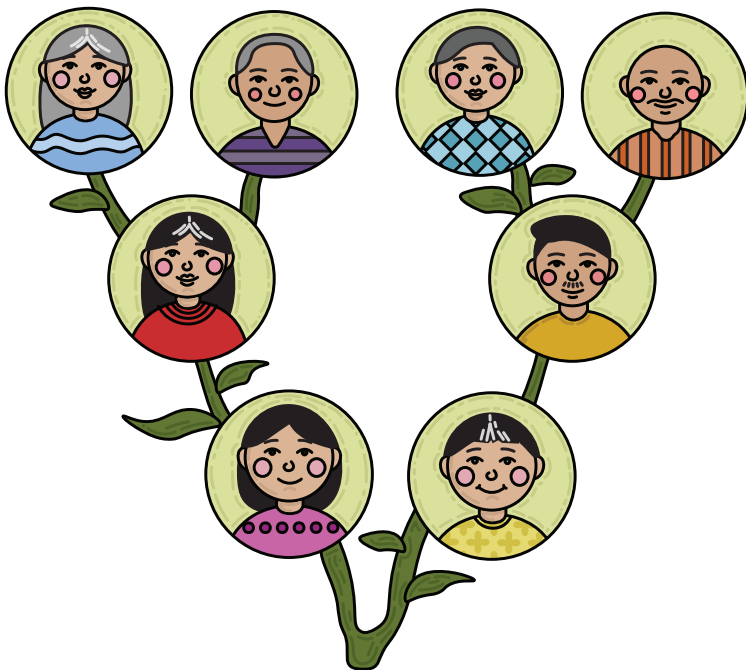
These changes can cause our bodies to look different, and they can cause our bodies to work differently, too.

This is what we call a genetic condition.





Genetic conditions happen naturally and
not because someone did something
wrong to cause them.



Genetic conditions can be passed down in a family from a person's mother or father, or they can happen for the first time in that person.

People with a genetic condition may need to visit the hospital more often or visit special doctors.

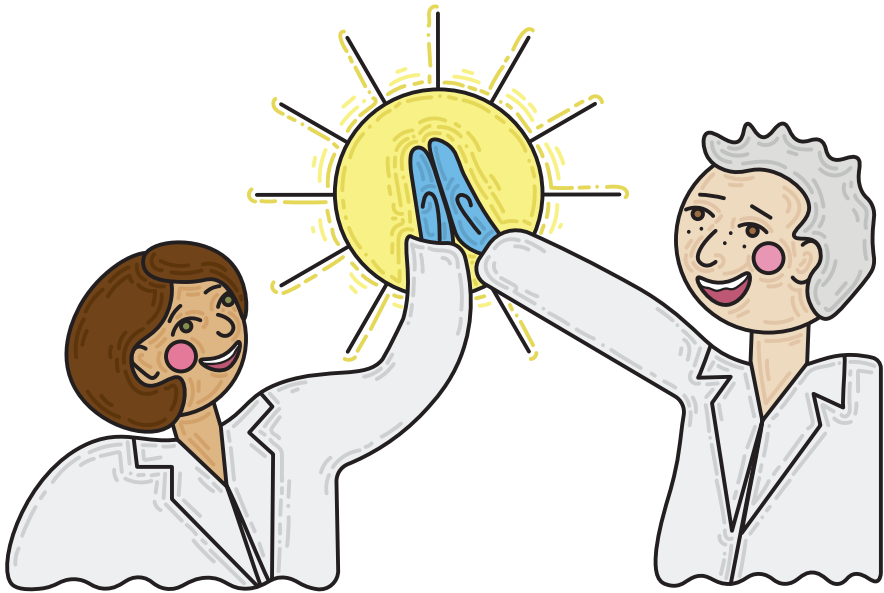


They may need to go for special scans or use medical devices like wheelchairs or hearing aids.



Sometimes people with a genetic condition
have to take special medicine or go to
a different school.

Every day, doctors and scientists work very hard to help people with genetic conditions feel better and live healthy lives.





Remember, our genetic information is what makes us who we are and that's pretty special.



Can you think of something special
about you that might come from
your genetic information?



Chromie's Talk

1. Cell

A teeny-tiny piece of your body — like a small brick in a giant castle. Your whole body is made of millions of cells.

2. Chromosome

A special package inside your cells that keeps important instructions for how your body should grow and work.

That's me!





3. DNA

A super long, twisty ladder made of a secret code. This code tells your body how to build you!

4. Gene

A short bit of DNA that gives one instruction — like what color your eyes will be or how your hair will look.





5. Trait

Something about you that you can see or notice, like your smile, your hair color, or even how you can wiggle your ears.



6. Inheritance

When you get instructions (genes) from your mother and father. You get half from each.

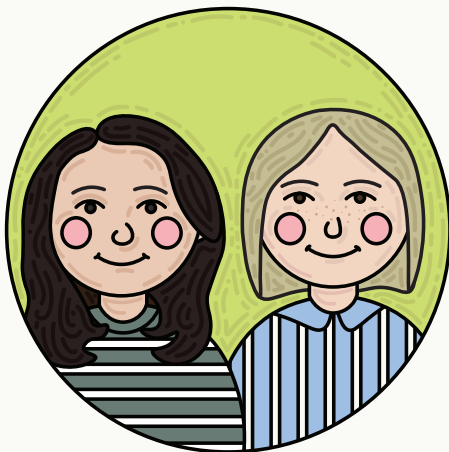
7. Genetic Condition

A health difference caused by changes in genes or chromosomes. Some you are born with from your parents, and some just happen by chance.

8. Genome

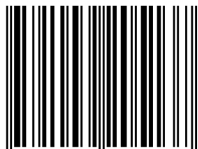


All the DNA instructions in your body — the complete “you” recipe.



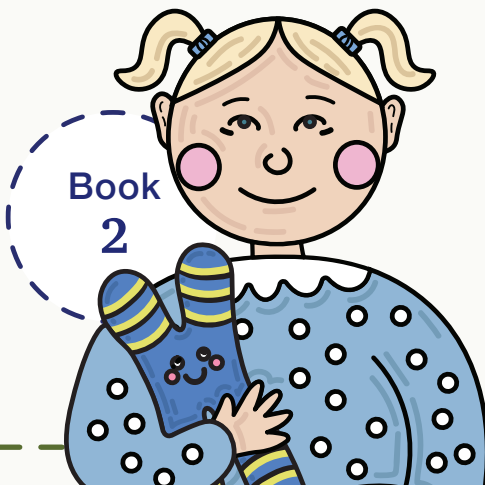
**See you in our
next chronicle!**

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