

Parent Resource Newsletter

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September / October 2013

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Join us! Sunday, September 8, 2013, Noon – 4 PM
Valley Medical Center Main Hospital, 2nd Floor

Attend the Pitter Patter Baby Shower and see for yourself why Valley is your top choice for childbirth and beyond! From tummy to toddler, Valley Medical Center is with you every step of the way. We've welcomed over 100,000 babies into the world and have a wealth of experience and information to share. [RSVP TODAY!](#)



FREE fun and frolicking for the whole family!

The event is open to all ages and features:

- Meet & Greet with our obstetricians, midwives, pediatricians and primary care physicians
- Educational talks on childbirth, parenting, breastfeeding and more
- Tours of The Birth Center
- Valuable wellness information for new parents-to-be
- Free health screenings
- Local organizations and vendors specializing in all things baby
- Arts & Crafts, face painting, fun, interactive activities for the entire family
- And much more!

Event sponsored by Valley Medical Center's Pitter Patter program



UW Medicine | VALLEY MEDICAL CENTER
The Birth Center - Neonatal ICU - Pediatrics

RESOURCES

A One-Stop Shop for Community Resources: Washington Information Network 2-1-1

[Washington Information Network 2-1-1](#) provides online access to community resources in Washington state for all ages. Search their online directory of health and human service programs to find resources like food banks (food pantries), emergency shelters, transportation, health clinics, rent or utilities assistance, legal help and much more. If you need additional assistance, you can also call WIN 2-1-1 to speak directly with an Information & Referral Specialist: 1.877.211-WASH (9274).

DONOR CORNER

You Can Help Us Out by Donating:

- Play-Doh
- Jugs of bubbles
- iTunes card in any denomination
- iPad/iTouch/iPod
- Monetary donations are always welcome

Please provide donations to your therapist or the front desk and let them know when you donate to Children's Therapy so that we can thank you by name in the newsletter. We are so appreciative of and thankful for your donations!

Thank You to Our Donors!

- Kim Blakeley for the weighted blanket



CHILDREN'S THERAPY WEBSITE

PREVIOUS NEWSLETTERS

Back Issues of the *Parent Resource Newsletter* Available Online

[Click here](#) to view back issues of the Children's Therapy *Parent Resource Newsletter*.

If This is Your First Parent Resource Newsletter

Welcome to all of our new families! The *Parent Resource* is our bi-monthly e-newsletter, keeping you current with what's going on that may be of interest to your family. Printed copies are also available at Children's Therapy. We'll keep you up-to-date about resources and events in the area, while providing information about Children's Therapy policies and changes. We welcome your comments—please tell your therapist if you have any suggestions or input. Information about non-VMC sponsored events is for your consideration only; we cannot guarantee the accuracy/content of the listed events and services.

Valley Medical Center's New Covington Clinic South is Now Open

On August 26, Covington Clinic's primary, pediatric and urgent care relocated to a brand new facility at 27500 168th Place SE (across from Costco). This new clinic offers the latest in care delivery in an innovative, private and healing environment.

- Primary & Pediatric Care 253.395.1960
- Urgent Care 253.395.2006
- Urgent Care Same Day Appointments 425.656.4000

Covington Clinic located at 16850 SE 272nd Street is now called Covington Clinic North and houses a variety of specialty care including:

- Obstetrics and Gynecology 253.939.9654
- Rheumatology 253.395.1971
- Cardiology 425.251.5110



Looking for Access to Information, Resources and Services to Meet your Cultural and Language Needs?



[Open Doors for Multicultural Families](#) can help. Open Doors is a nonprofit, charitable organization dedicated to ensuring that families who have family members with developmental disabilities and special healthcare needs have equal access to culturally and linguistically appropriate information, resources and services.

They Grow Up so Quickly! Help Your Children with Activities for their Developmental Stages

Children grow and develop quickly during the first years of their lives. As a parent, you are the most important person in your child's life. You notice when your child smiles for the first time, rolls over, sits, walks and begins to talk. These moments mean that your child is learning! View the [Parent Help website](#) for information to help recognize the developmental stages your child is going through and get learning activities to promote healthy development.



Discover Amazing Things for Free! Free Museum Passes through KCLS



The King County Library System has partnered with area museums to offer free museum passes. The passes can be used at the Bellevue Arts Museum, KidsQuest Children's Museum or the Kinsington Children's Museum. [Register for your free passes online](#) or by phone at 425.450.1765.

A Day of Fun on the Farm: Autism Day 2013 Recap

Autism Day 2013 at Jubilee Farm in Carnation on August 10, 2013 was another great event! Record numbers of families arrived to play at all the booth activities, take a tractor hay ride, play in the water, ride bikes and learn what support resources are available in the community. The event included a new adolescent/adult resource section feature—a big hit, especially since participants could get their picture taken with several Star Wars characters!



Every year it seems we learn of more local resources to share with our families. The Children's Therapy therapists who attended (Amy Westendorf, Nichio Lessard, Irene Bryant, Rachel Guerra, Jessica Feeney, Miwa Aparo, Britan Cosand, Bethany Coleman) had a great time interacting with families, their children and the other vendors. Many pictures have been posted to the [Autism Day website](#).

As we informed you in our August 15 email, Jubilee Farm posted a notice on the Autism Day website letting people know that the farm's pigs became ill after the event. We have not heard of participants affected by this. Please contact your physician if you or your family members experience any of the signs/symptoms described.