

# Parent Resource Newsletter

## Like Us on Facebook

If you have a good experience at Children's Therapy, we invite you to [let others know](#) with your comments.



## You May be Contacted to Fill Out Patient Satisfaction Survey—We Encourage You to Participate!

Please be on the lookout for a patient satisfaction survey in the mail or by email. If you receive one, please fill it out and return it. Surveys are read and incorporated into our action plans for the future. These surveys play an important role in helping us continually improve the services we provide at Children's Therapy. Thank you!



December 2014



## ▶ LINK OF THE WEEK

[View Link of the Week & Link Archives](#)

## ▶ RESOURCES

### UW Autism Center 2015 Winter Training Series

#### Upcoming Workshops

##### Stepping Stones: Getting Started

January 8, 2015  
from 12:30 – 6 PM



Stepping Stones is a workshop for parents of young children recently diagnosed with autism.

##### ABA Boot Camp

February 3 – 5, 2015 from 9 AM – 4 PM

An intensive, hands-on workshop focused on introducing effective applied behavior analysis (ABA) – based teaching strategies.

##### Addressing Challenging Behaviors

March 4, 11, 18, 2015 from 3:30 – 6 PM

In this workshop, parents, teachers and providers will learn practical strategies to increase positive behaviors and prevent challenging behaviors.

[View here for more info and to register.](#)

## ▶ SEMINARS AND EVENTS

### You, Me, We Celebration—A Festival of FREE Family Fun!

January 30, 2015, 6 – 9 PM  
ShoWare Center, Kent

Mark your calendar for the 5th Annual You Me We Celebration as the community joins together to demonstrate why Kent is one of the best cities in the nation to live, work and play. There are hands-on activities, entertainment and exhibitions for the entire family. Valley Medical Center will be attending and providing free health screenings.



[Get more info here](#) or call 253.856.5030.



## ▶ DONOR CORNER

### Donations

Now through the [Starlight Foundation's website](#), Children's Therapy has a "wishlist" of items we'd love to have donated to our department!

If you are interested in purchasing an item for Children's Therapy, please do so directly through the above website.

We welcome donations and especially have a need for new Play-Doh, new construction paper, new glue sticks and new sealed bubbles. Unfortunately, we cannot accept plush toys or wooden toys (unless the wooden toys are certified to be lead-free).

#### Thank you to the following donors:

Phuc family for the items donated through Starlight!

Chou family for the items donated through Starlight!

Thank you!



## ▶ 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.

## Children Picked Up after Therapy by an Adult Other than a Parent—the 4 Things You Need to Know about our Policies

Children seen in Children's Therapy are generally brought to therapy by a known caregiver. In the event your child needs to be brought or picked up by someone else, Valley Medical Center's policies require us to use the following procedures to ensure your child's safety. The policies are as follows:

1. The parent must give specific, advance notice that a different adult will bring the child to therapy and/or pick him or her up.
2. The adult must show identification and indicate their relationship to the family (i.e., Joe Smith, family friend).
3. The adult must return to pick up the child at the end of therapy, or the policy regarding late parent pick up will apply.
4. Parents involved in divorce/custody issues will also adhere to the above policy. However, either parent may pick up the child from therapy under the "Consent to Care" portion of the law. It will be both parents' responsibility to work out the arrangements for picking up the child from therapy. The therapist will not make the determination, nor will he/she be drawn into disagreements about the release of the child.

## Five Tips for Being Savvy & Selective when Using the Internet for Parenting Advice



When using the Internet to make healthcare decisions, it's important to be smart about where you go online and what to do with the advice you find. In a recent article by Dr. Wendy Sue Swanson in the *Costco Connection*, Dr. Swanson outlines some important tips to being online savvy as a parent. The five tips she provides are:

- **Record your bread-crum trail** (jot down links or sources you've used)
- **Use trusted social networks** (follow doctors, psychologists and leading health reporters whose information can be trusted)
- **Understand there is no online healthcare—yet** ("Don't ever let Dr. Google or Surgeon Bing be the final word," says Dr. Swanson) It's best to confirm a diagnosis in person with a doctor or nurse.
- **Don't confuse experience for expertise** (In other words, "Don't confuse the story one person or one family may tell online with the incredible data of thousands that scientific research represents.")
- **Don't expect perfection** ("Our job as parents is to govern our decisions with love" and "do the best we can.")

(Source: The *Costco Connection*, June 2014, "Using the Internet for parenting advice," Dr. Wendy Sue Swanson)

## Eat Smart for Life 5-Part Educational Series: Want to Eat Healthier or Lose Weight?

It's one thing to know how to eat smart and another to actually do it. The Fitness Center at Valley Medical Center is here to coach you through both. The Eat Smart for Life series was created to jump-start your healthy eating by using habit building techniques and helping you tailor a plan that's sustainable. It's created to make lasting change easy.



- 5 Nutrition Habits to Master
- Changing Your Mindset for Long-term Success
- Conquering Cravings & Choosing Healthy Snacks
- Preventing Food-Induced Inflammation
- Tactics for Dining Out

### Dates, Cost & Location

Classes are Mondays January 5 – February 2, 2015, 6 – 7 PM (1/5, 1/12, 1/19, 1/26 & 2/2). Class size is limited, so register early. Program cost is \$99 (cash, check & credit cards accepted).

The class will be held in the Medical Arts Center, 4033 Talbot Rd. S, Renton, on the Valley Medical Center campus.

### How to Register

[Learn more or register online now](#) with a Mastercard or VISA and confirm a seat.

**Reserve a Seat & Pay at the Door:** Call 425.656.INFO (4636), option 1. Registration fee must be paid in advance. Please arrive half an hour early to pay at the Fitness Center desk, 1st floor of the Talbot Professional Building, 4011 Talbot Road South, Renton, WA.

## Upcoming Holiday Closures

Children's Therapy will be closed on the following dates:

### Christmas holiday

Wednesday, Thursday, Friday, December 24 – 26

### New Year's holiday

Thursday & Friday, January 1 – 2