

Parent Resource Newsletter

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



June/July 2019

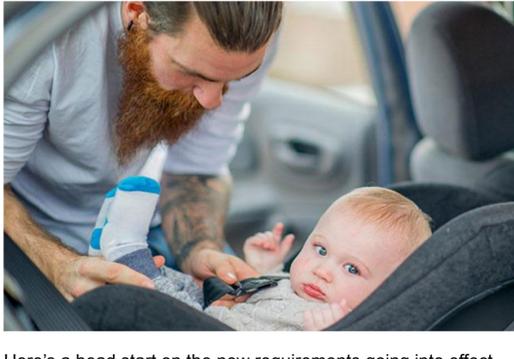
Summer is the Time to Check for Helmet Safety



by Barbara Bryant, CCC-SLP

Summertime is the perfect time for children to play outside on bicycles, scooters and other wheeled items. A helmet is the single most important thing you can do to prevent and reduce the severity of a head injury. For safety, it's important to make sure your child has a helmet that fits correctly. Before your child pedals off, [check here for tips to make sure your child's helmet fits properly.](#)

Car Seat Safety and Upcoming Changes to the Law to Better Protect Children



Here's a head start on the new requirements going into effect on January 1, 2020 regarding children riding in cars. New requirements include:

- Children up to age two must be in a rear-facing car seat.
- Children from ages two to four must be in a forward-facing car seat.
- After age four, children under 4'9" must be in a booster seat, which can mean up to ages 10 – 12.

Even at relatively low speeds such as 30 mph, children who don't have the extra support of a car seat or booster seat can get severe, completely preventable injuries. [Get more info here.](#)

Resources for Spanish Speaking Families / Información y Apoyo para las Familias de Habla Hispana y sus Familias

Nosotros escuchamos. Nosotros empoderamos. Nosotros los conectamos.



Nosotros escuchamos: las historias de los individuos y sus familias, sin hacer ningún juicio. Nuestro equipo comprende los retos y las alegrías únicas en la comunidad de la Discapacidad Intelectual y estamos disponibles, para escuchar sus preocupaciones y sugerencias de recursos y apoyo.

Nosotros empoderamos a los individuos y las familias, proveyéndoles ideas y herramientas que les ayuden en el área local, acceso para navegar en los recursos para Individuos con Discapacidad del Desarrollo y servicios en el Condado King (King County). También empoderamos a los individuos y sus familias, demostrándoles que no están solos en esta jornada.

Nosotros conectamos a los Individuos y sus familias con recursos, así como también con otras familias, para crear una red de apoyo entre sí.

Nosotros somos un centro de información de recursos locales para la comunidad Intelectual de la Discapacidad del Desarrollo en el transcurso de sus vidas. Ejemplos: nosotros trabajamos con las familias desde que les dan el diagnóstico prenatal, durante la infancia, la transición a la edad adulta, y hasta el fin de la vida.

arcokingcounty.org/espanol/espanol.html

Para preguntas en Español

Email: preguntas@arcokingcounty.org

Phone: 206.829.7030

Online Videos can Help Parents Recognize Potential Signs of Autism



by Nichie Lessard, CCC-SLP

Have you ever wanted videos or other visual resources to help you understand what autism can look like? Check out the online **Autism Navigator** which offers an extensive, video "library" showing autism spectrum disorder and typical behaviors. [Learn more here.](#)

Renton Rowing Center Offers Summer Fun on Lake Washington



Is your child interested in learning how to row? Summer session (7 weeks) and 4-day camps are available this summer at the Renton Rowing Center. Scholarships are available by application. [Follow this link for more information!](#)

Research Study Participants Needed to Study Impacts of Adapted Ride-on Cars for Children with Disabilities and their Families



Each participating family will receive a free, customized, adapted, ride-on car and be compensated \$50 for participating in the study. All study procedures will take place at a time and location of the family's choice. [Learn more here.](#)

Therapist's Corner

Meet some of our Children's Therapy Clinic therapists!



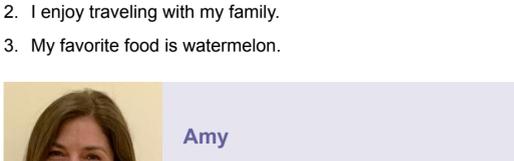
Gwynne
Occupational Therapist
Years in the field: 23

Favorite sensory activity: Swinging and everything tactile, especially shaving cream, sand and beans

Favorite children's book: Richard Scarry's Egg in the Hole

Three things about me:

1. I love to walk my dog Carly.
2. I enjoy traveling with my family.
3. My favorite food is watermelon.



Amy
Speech Language Pathologist
Years in the field: 19 in July!!

Favorite family game to encourage language: Ice Cream Scoops of Fun is my favorite to use in therapy sessions

Favorite children's books: Any Dr. Seuss book and the Magic Treehouse series for older kids

Three things about me:

1. I have two very active boys who keep me busy with sports!
2. I love to go backpacking and am excited that my boys are now joining us and loving it too.
3. I would be so happy if I could wear flip flops every day.

If This is Your First Parent Resource Newsletter

Welcome to all of our new families! The *Parent Resource* is our 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.



▶ LINK OF THE WEEK

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

▶ RESOURCES

Check Quick Care & Urgent Care Wait Times and Hop in Line from Your Phone



Check in at the clinic with the shortest wait by looking up online wait times at Kent Station Quick Care and all our Urgent Care clinics. From your phone or computer, click on "WAIT TIMES" from the left of the top menu bar of [Valley's home page.](#)

Wonder whether to choose quick, urgent or emergency care?

[Here's a guide to help you decide.](#)

▶ FREE EVENTS, CLASSES & ACTIVITIES



Community Conversation about Healthcare Equity

Thursday, June 13, 6 – 7:30 PM

Kent Commons Community Center

Please join us and share your thoughts about:

- What affects how and when you seek healthcare?
- How have you experienced the healthcare system?

Bring a friend, neighbor or coworker! Light refreshments & children's table activities provided. Free blood pressure screening.

[Learn more | Register](#)



Parenting Power Hour: Reading to Your Child—Help Your Child Get the Most Out of Your Time Together

Wednesday, June 19, 6 – 7 PM

[Learn more | Register](#)



Auburn Kids Day

Tuesday, June 25, 11 AM – 4 PM

Les Gove Park

At this free event, look for Valley's booth with low-cost bike helmets for \$10 cash and [free bike helmet fitting.](#)

[Learn more.](#)



The Friends Project

1st and 3rd Friday of the month

12 – 1 PM

Children with special needs and their siblings are invited to come to the Children's Therapy Clinic to meet first responders and enjoy fun activities.

[Learn more about The Friends Project.](#)



Creative Development Art Class

Thursdays, 12 – 1 PM

For children of all ages and not limited to Children's Therapy patients (welcome siblings and friends!), each child will be provided an opportunity to learn through a variety of sensory experiences in the familiar space of the Children's Therapy Clinic. Art activities are also an opportunity to allow children to develop social skills, express emotions, follow structured activities, and improve coping skills. Plus, it's a lot of fun! No registration required, it's completely free, so just show up and start creating!



Prescriptive Exercise Information Sessions

Get a prescription for a lifetime of good health. Attend this free, 1-hour presentation to learn about our specialized, prescriptive exercise programs, Healthy Foundations and Lifestyle 365 available in Covington, Maple Valley & Renton locations.

[Learn more | Register](#)



Circle of Security™ – Relationship Building for Parent & Baby

Wednesdays, Sept. 4 – Oct. 23, 6 – 7 PM

The award-winning Circle of Security™ program will teach you the skills you need to enhance a close relationship between you and your child. Learn to read your child's signals, so you can be a more perceptive, responsive and effective parent during those formative first years of life. For parents and caregivers of children ages birth to 2 years. This FREE 8-week program is facilitated by Sandra Renner, MA.

[Learn more | Register](#)



As Girls Grow Up

Saturday, Sept. 21, 1 – 4 PM

Learn the physical and emotional aspects of puberty, including menstruation, body changes, sexuality and how babies are conceived. For girls ages 9 to 12 and their parents or caregivers.

[Learn more | Register](#)

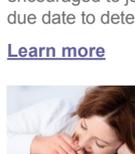
▶ FREE SUPPORT GROUPS



Program for Early Parent Support (PEPS) at Children's Therapy

The PEPS experience prepares families to cope with life stresses by creating social, thriving parent groups. For babies from 0 to 16 weeks only and a parent who can attend weekly. Premature infants encouraged to join using mother's original due date to determine age.

[Learn more](#)



Adjusting to Parenting Support Group

Wednesdays, 1 – 2:30 PM

Is my baby doing ok? Am I doing ok? Join other new parents to ask questions and talk about finding your new "normal."

[Learn more | Register](#)



Parenting Connections Support Group

Wednesdays, 10 – 11:30 AM

Find a community for you and your child by connecting with a group of new parents to share the feelings, needs and challenges of older, more active crawlers and toddlers.

[Learn more | Register](#)

▶ LOW-COST CLASSES

Prenatal Water Fitness



Tuesdays & Thursdays, 6:15 – 7 PM

4 week sessions \$50

Low-impact conditioning, strength training and flexibility exercises, allowing expectant mothers the ability to continue their fitness & wellness routine with minimal risk. Hydrostatic pressure and buoyancy components of exercise are just two of the benefits of exercising during pregnancy.

[Learn more | Register](#)

▶ CHILDREN'S THERAPY WEBSITE

▶ PREVIOUS NEWSLETTERS