

Parent Resource Newsletter

July/August 2015

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



Tacoma Autism Boot Camp Workshop for Parents & Professionals



The UW Autism Center Training Team is pleased to offer intensive training workshops in Tacoma! The training is designed to prepare parents and professionals to work effectively with children with autism spectrum disorders using strategies based on principles of Applied Behavior Analysis (ABA). [Visit their website](#) for more information and to register!



▶ LINK OF THE WEEK

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

▶ RESOURCES

Support Groups for Parents of Babies, Infants and Toddler/Crawlers

The excitement of becoming a parent also brings with it some anxiety and concerns. Weekly parent support groups offer new parents a valuable resource to meet other parents and have children meet and play with other children their age. Learn what other parents may do about sleeping, soothing, feeding, teething, starting solids, or other issues. Support groups are coordinated by Valley Medical Center's lactation consultants. \$20 per month

[Info for parents of newborns to infants 3 mos.](#)

[Info for parent of infants 3 – 6 mos.](#)

[Info for parents of infants 9 mos. – 2 years](#)

▶ SEMINARS AND EVENTS

FREE Seminars & Events

Maintaining the best health possible should be a priority. Give yourself a wellness advantage by keeping informed on health issues that matter most to you and your family.

Led by our expert physicians and healthcare specialists, presentations cover a wide range of topics, so keep checking our line-up for the events of most interest and importance to you.

[Sign up here](#) or call 425.656.INFO (4636)

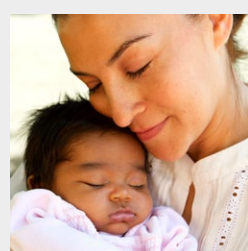
CIRCLE OF SECURITY: RELATIONSHIP BUILDING FOR PARENT AND BABY

A FREE 8-Week Class

Sept. 17 – Nov. 5, 6:30 – 7:30 PM

Join us for the Circle of Security™ Parenting series, an award-winning program designed to enhance close relationships between parents and children. Circle of Security™ will teach you the skills you need to read your child's signals, so you can be a more perceptive, responsive and effective parenting during those formative first years of life.

[Get more info and register](#)



▶ DONOR CORNER

Donations

Now through the [Starlight Foundation's website](#), Children's Therapy has a "wish list" 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).

▶ 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.

Free Bike Helmet Fitting & Low Cost Helmets, Renton River Days, Liberty Park, Saturday, July 25, 12 – 6 PM

Stop by the Valley Medical Center booth for low-cost safety-approved helmets available for \$8 each, cash or check. Users must be present because we provide a free custom-fitting. If you already have a helmet, please stop in and see us for a free fitting.



Meet Monthly with Other Parents of Autism to Share Struggles, Challenges & Joys

Washington Autism Alliance and Advocacy's Supporting Parents of Autism (SPA) Group is for parents who have children on the Autism Spectrum. Join them in Redmond, the first Monday of each month, from 5 PM – 6:30 PM for support, resources and community.



Location: 16225 NE 87th Street Redmond, WA 98052

For more information, please email info@washingtonautismadvocacy.org.

Valley Medical Center in the Community this Summer

Stop by and say "hi" at Valley Medical Center's booth at these community events. We'll have a free giveaway while supplies last, a lactation station (a private place with a chair) and a container of sunscreen to share.

Covington Days, July 18 – 19

Renton River Days, July 24 – 26

Keep Your Children Busy & Engaged this Summer: King County Library Classes & Programs

Find a variety of [free classes and programs for all ages and interests](#) at your local library. Classes/programs include: Mind Matters, story times, various kids' programs—including free museum passes, summer learning, Tech Tutor, one-on-one computer help, citizenship classes, teen writing workshops, teen art workshops and more!



Strike Out Summer Boredom! Check Out kidsbowlfree.com



Registered kids receive two free games of bowling daily all summer long. Standard shoe rental rates apply. Please visit kidsbowlfree.com to register your children and get more information.

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.