

Parent Resource Newsletter

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Parent Scholarship Applications Now Available for the Infant and Early Childhood Conference

May 6-8, 2015 in Tacoma, WA

Infant and Early Childhood Conference scholarship applications are now available for parents, family members, foster parents and relative caregivers with children ages birth to 6 with developmental delays or disabilities.

[View more conference info](#)

[Download scholarship form](#)



The 2015 Washington State Summer Camp Directory Now Available

Check out this one-stop resource for viewing Washington state summer camp and program options for children with special healthcare needs. This resource also has information to help address concerns if this is your child's first time camping. [View here](#)



5 Reasons to Build a Care Notebook for Your Child



The Care Notebook is a resource available for parents of children with complicated needs or for those who see different types of healthcare providers. You can use it to organize home records/reports/test results, etc. all in one location so you can easily share info with doctors, therapists and school or child care staff. The Care Notebook is free to parents!

A Care Notebook can help you:

1. Keep track of your child's medicines or treatments
2. Organize phone numbers for health care providers and community organizations
3. Prepare for appointments
4. File information about your child's health history
5. Share new information with your child's primary doctor, public health or school nurse, daycare staff and others caring for your child

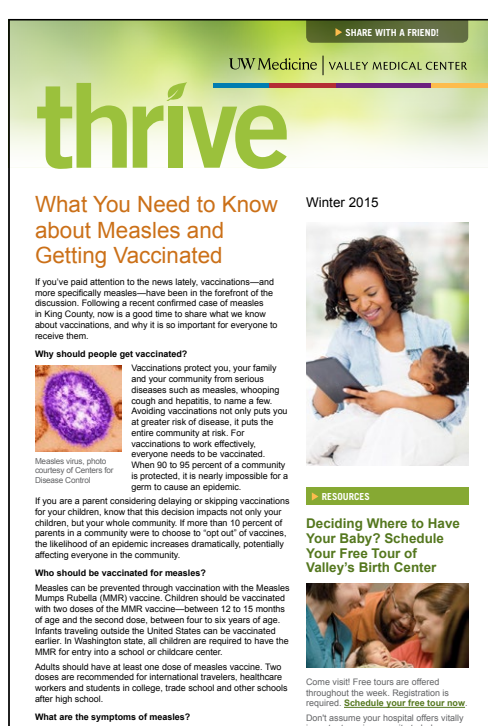
[Access the Care Notebook](#)

Check Out the Latest Issue of *Thrive*, Valley Medical Center's Digital Magazine

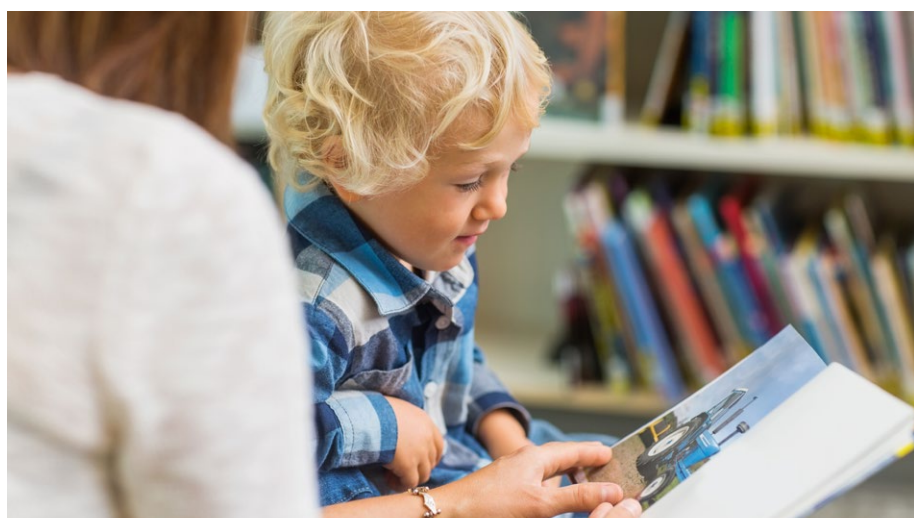
The latest issue of *Thrive* offers news and information to help you and your family stay healthy. Here's what you'll find in the latest issue:

- What you need to know about measles and getting vaccinated
- Do your children have the kind of toys to promote play and playfulness?
- Get a free, walk-in pregnancy test at Valley's Midwives Clinic

[View Thrive](#)



King County Library Classes & Programs



KCLS has many FREE classes and programs for children and adults. Current classes/programs include: Story Times, Study Zones, One on One Computer Help, ESL Classes, One on One Resume Assistance, One on One Assistance with Computers, Teen Writers' Group and so many more!

[View full program offerings](#)

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.

March/April 2015



▶ LINK OF THE WEEK

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

▶ SEMINARS AND EVENTS

Seminars & Events

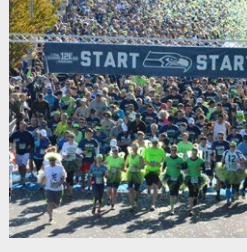
Maintaining the best health possible should be a priority. Give yourself a wellness advantage by keeping informed on health issues that matter most to you and your family.

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)

SEAHAWKS 12K / GLOW 5K RUN-WALK AT THE LANDING

Sunday, April 19
5K starts at 9:20 AM, Kid's Run begins at 10:45 AM



[Register here](#) to receive an event t-shirt at check-in.

Save \$5—Enter code GLOW5 at checkout

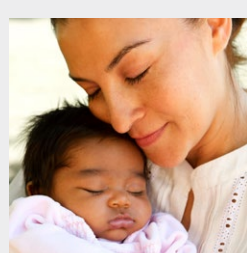
Costume contest!

The event is a fundraiser for A Better Seattle, which develops partnerships between corporations, law enforcement and community groups to build healthy communities and reduce youth violence. The goal is simple: make kids in the Pacific Northwest the safest and healthiest kids in America!



CIRCLE OF SECURITY: RELATIONSHIP BUILDING FOR PARENT & BABY

FREE Event
Thursdays, April 2 – May 21
6:30 – 7:30 PM



Medical Arts Center (MAC)—1st Floor, Room D
4033 Talbot Road S, Renton

Sandra Renner

[More Info or Register](#)

BODYWORKS INTRO—CREATING HEALTHY EATING & EXERCISE HABITS FOR TEENS & FAMILIES

FREE Event
Tuesday, April 28
6:30 – 9 PM



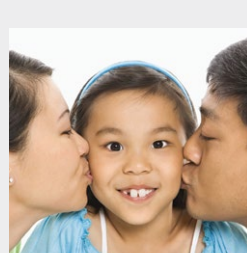
Medical Arts Center (MAC), 1st Floor, Rooms E & F
4033 Talbot Road S, Renton

Joanne Montzingo

[More Info or Register](#)

AS GIRLS GROW UP

FREE Event
Tuesday, May 19
6:30 – 8:45 PM



Medical Arts Center Auditorium, 1st Floor
4033 Talbot Road S, Renton

[More Info or Register](#)

▶ 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).

▶ 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*.