

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.



Does Your Child Wear a Bike Helmet every Time & does it Fit Properly?

One of Valley Medical Center's most popular programs continues to be our Free Bicycle Helmet Fitting service. We're excited to bring this service to community events this spring and summer. A custom-fit helmet is available for purchase to anyone over the age of one who presents a head to wear it, adults included. Because the helmets are custom-fit for each user, the user must be present to purchase a helmet.

Cost

Bike helmet fittings are free and you may bring your own helmet for fitting or purchase a safety-approved helmet at the event for \$8. Valley Medical Center accepts cash or check only, no credit or debit cards, as payment for bike helmets.

2015 Bike Helmet Fitting Schedule

Friday, June 19, 11 AM – 4 PM
Auburn Kids Day, Les Gove Park, 1005 12th Street SE, Auburn

Saturday, July 25, 12 – 6 PM
Renton River Days, Liberty Park, 100 Park Ave. N, Renton



May/June 2015



▶ LINK OF THE WEEK

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

▶ 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)

BODYWORKS INTRO— CREATING HEALTHY EATING AND EXERCISE HABITS FOR TEENS AND THEIR FAMILIES

Saturday,
June 20,
10 AM - 1 PM
Medical Arts
Center, Room B
[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! This month, we are especially in need of 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:

The Richmond family for the Intellikeys keyboard

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.

Need Autism Questions Answered? You're Invited to the Somali Community's First Autism Panel in Late May

The Somali Health Board invites you to their FIRST Autism Panel with the Somali community. The panel will be followed by a Q & A session. Moderated by Somali professionals, Ahmed Ali, Pharm D & Anisa Ibrahim, MD, Pediatric Resident, R2.

When: Friday, May 29, 2015 from 5 – 8 PM

Where: New Holly Gathering Hall, 7054 32nd Ave., Seattle

Free Fun and Frolic: Auburn Kids Day

Friday, June 19, 11 AM – 4 PM



Live music, activities, giveaways and more await at the annual [Auburn Kids Day](#). Stop by the Valley Medical Center booth for a giveaway and a smile, as well as VMC's first bike helmet fitting opportunity of the year.

The event is at Les Gove Park, 1005 12th Street SE, Auburn.



2015 Summer Camp Directory for Children with Special Healthcare Needs

For a list of overnight or day summer camps in Washington state, please visit this [online directory](#). On this web directory, you will also find links to the American Camp Association, an article entitled "Sending Your Child to Camp," and a link to "Planning for Time Away from Home."

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.

Seattle Public Schools Free Kindergarten Readiness Play and Learn Groups

Several kindergarten readiness groups exist throughout the Seattle area to help children gain valuable kindergarten readiness skills. The groups meet for 1.5 – 2 hours a week. Siblings are welcome and no registration is required. For location, dates/times, or other information, please contact Michele Flannell, Department of Early Learning, at 206.252.0186, or [email her](#).

Explore Art, Science & History for FREE—Free Museum Passes offered through the King County Library System



Free museum passes are available for the Kids Quest Children's Museum, Bellevue Arts Museum and the Washington State History Museum. Please visit the [King County Library System's online programs](#) for more information and to register for your free museum passes.

Looking for Caregiver Support? Check out Parent to Parent!

Parent to Parent provides support and information for families of children with developmental disabilities. Some of the free services include:

- Matching parents in one-to-one relationships with trained, experienced parents, based on similar diagnoses and family issues
- Referral to services in the community
- Providing personal support

For more information about Parent to Parent, please contact Susan Atkins, Washington State P2P Coordinator at 1.800.821.5927 or visit [Parent to Parent online](#).