

# 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.



## Valley Medical Center's Children's Therapy now Offers Integrated Listening System for Children with Developmental Delays, Learning Challenges, Stroke or Head Injury, Stress and Sleep-Related Problems



iLS is a sensory-based listening program that targets the skills of attention, processing what is seen or heard, memory, social skills, self-confidence, managing behavior and emotion, sensory processing and communication.

iLS programs effectively "re-train" parts of the brain involved in learning, communication and movement. iLS is based on our ability to change our brains—we can essentially re-wire it through specific and repeated stimulation, a concept known as neuroplasticity. As in building strength and endurance with physical exercise, we are able to strengthen neurological pathways and improve our ability to learn and process information.



### Who benefits from iLS?

iLS programs directly affect the sensory system, improving many day-to-day functions. It is most often used to improve the following concerns:

- **Developmental delays**, such as those found with autism, Down syndrome and premature birth
- **Learning challenges** including reading, writing, attention and processing speed
- **Cognitive function** related to stroke or head injury
- **Stress and sleep-related problems**

### Details about the iLS Focus Program

**A prescription for occupational therapy is required from your primary care physician.** An occupational therapist will perform an initial examination and design an individualized treatment plan based on your child's current skill level and family goals. Following the initial evaluation, you must purchase the rental equipment directly from iLS and it will be incorporated into your weekly therapy sessions. Additionally, two, one-hour periods of listening are required during the week at home. The occupational therapist will review procedures, guidelines and equipment with you at your initial visit.

For more information about the iLS Focus Program, videos and case studies, check out the [iLS website](#).

## Sensory-friendly Movies for Families Living with Autism or Other Special Needs

AMC is partnering with the Autism Society to offer movie showings at Kent AMC Theatre for guests and families living with autism or other special needs. They are offering unique movie showings where you can feel free to be you! The theater's lights are turned up, the sound turned down, so you can get up, dance, walk, shout or sing! Movies will play the second and fourth Tuesday and Saturday of each month, with Saturdays being the family-friendly option. Saturday showings are at 10 AM, and Tuesday showings are at 7 PM.

For more information, and to view upcoming movie offerings, please [visit AMC Sensory Friendly Films](#).



## The Sparkle Effect: Inclusive Cheer Squad Looking to Expand in Washington



The Sparkle Effect gives kids with special needs the opportunity to cheer with their home school's squad instead of participating in a squad that's only filled with students who have special needs. Kentridge High School has a Sparkle Effects cheer squad. KOMO news has an inspiring story with information on this cheer squad, and the campaign to put Sparkle squads into more schools. [View the KOMO news story](#).

[Learn more about the Sparkle Effect organization](#) and starting and/or supporting a team in your area.

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## Mothers Circle



Mothers Circle is a group of women raising children 0-6 years with special needs—sharing emotional support, lively conversation, promoting advocacy and creating solutions.

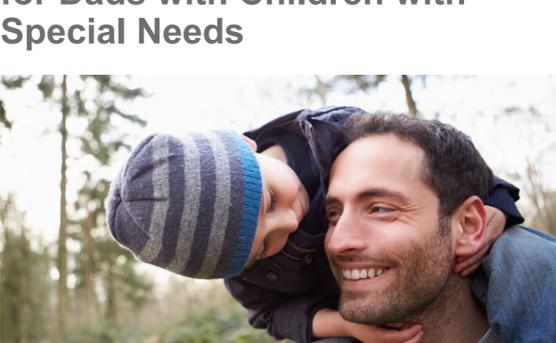
**Who:** All mothers who have children with special needs ages 0-6 years are welcome to join

**When:** Meetings are 1st & 3rd Wednesday of every month, 6:30 – 8:30 PM

**Location:** Kinderling, 16120 NE 8th St, Bellevue

For more info, and to confirm your attendance, please contact Rosanne Carter at 425.984.2623 or [visit the website](#).

## Washington State Fathers Network Provides Resources for Dads with Children with Special Needs



### The Washington State Fathers Network (WSFN)

is a non-profit, statewide program that provides connection and resources for all men and their families who have children with special needs. Some WSFN activities include sponsoring evening and weekend programs specifically designed for men involved in the lives of children with special needs and hosting regional and statewide conferences that provide places for men to meet and exchange ideas with other men facing similar challenges.

For more information or to be included on their mailing list, contact Louis Medoza at [Louis.mendoza@kinderling.org](mailto:Louis.mendoza@kinderling.org) or call 425.653.4286.



WASHINGTON STATE  
FATHERS  
NETWORK

January/February 2016



## LINK OF THE WEEK

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

## RESOURCES

### Healthy Foundations Program

Valley Medical Center's Lifestyle Medicine & Fitness Center are proud to offer the [Healthy Foundations program](#). Healthy Foundations takes the guesswork out of achieving a healthier lifestyle with a customized program to meet you where you are on your path to wellness. With the help of our expert healthcare providers which include registered dietitians, certified nutritionists, physical therapists and exercise specialists, Pinnacle Medical Wellness and Valley Medical Center have teamed up to offer an intensive, 16-week lifestyle modification program to help you get strong, healthy and build positive lifestyle habits.

#### The Healthy Foundations program includes:

- 1:1 Medical nutrition counseling
- Meal planning
- Physical therapy evaluation, consultation and treatment (as needed)
- Prescriptive exercise program with biometric measurements and SMART goal setting
- 4-month Fitness Center membership at VMC or Pinnacle locations
- Grocery store tour and restaurant field trip
- Group support and education series

For ages 18 years and up. Nutrition counseling available for those under age 18. Questions or interested in registering? Call 425.656.4006 or [email](#).

## SEMINARS AND EVENTS

### Events & FREE Classes

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

Thursdays, January 21 – March 10, 6:30 – 7:30 PM

Medical Arts Center, 1st floor



FREE 8-week, award-winning program designed to enhance close relationships between parents and baby.

Sandra Renner, Instructor

[More Info | Register](#)

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

Tuesday, February 9, 6:30 – 9 PM



Pre-cursor to an optional, 8-week comprehensive class, this

introductory class provides parents and caregivers of teens ages 9-14 with guidelines to help improve family eating and activity habits, including healthy shopping and cooking strategies, meal planning and portion size, advice for reading food labels, recipes, food and fitness journals, strategies for physical activities, and more. Open to parents/caregivers and their teens.

[More Info | Register](#)

### LIVING BRAVE: THE SKY'S THE LIMIT! GLOW 5TH ANNIVERSARY

Wednesday, Feb. 24, 5:30 – 8:30 PM

Museum of Flight

Embrace your strengths and struggles and take a fun, educational journey that will help transform how you live, love, parent and lead. Grab a friend and join us for dinner, interactive activities and inspiration.



Tickets \$30 each

**Keynote Speaker**  
Susan Mann

President, Brené Brown Education & Research Group

[More Info | Register](#)



[More Info | 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 construction paper 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:

- Lundgren family for the new pair of scissors
- Kuhn family, \$5000 in honor of long-time Children's Therapy supporters John and Helen Lewis

## 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.