

Parent Resource Newsletter

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Safety Tips to Prevent Children with Autism from Wandering at Home, Community & School



Children with autism commonly have limited safety awareness and insight into dangers in their environment. Sometimes they wander off. We need to support these kiddos by keeping them safe!

[Check out these tips and resources for preventing and dealing with wandering.](#)

“Stop Moving Around!” – When Children Make Unusual Movements



Do you know the signs and symptoms of a seizure and what to do if you see one? Do you know what other medical conditions cause symptoms that look like seizures but may not be?

Judy Li, DO, a pediatric neurologist at Valley's Neuroscience Institute [shares the answer to these questions here.](#)

What if Your Child Eats or Drinks Something You Don't Know is Safe?



If you're unsure about the safety of something your child may have eaten or been exposed to, [learn where to go and what to do for immediate advice and care.](#)

New Gym Opens in Bellevue, Comfortable for Children with Autism



We Rock the Spectrum gym has just opened its doors in Bellevue, a space designed to meet the needs of children on the autism spectrum! Open to all children, the gym is a place where kids can have fun, explore novel toys and equipment, and play with other children in a sensory supportive environment.

Equipment includes swings, tunnels, arts and crafts areas, and calm down spaces. It's also a great place for parents to bond with their son/daughter and other parents of children with special needs. Their mission is to be "a gym about acceptance and fun where kids can be themselves and a community can come together." They offer open play, parties and classes. [Learn more.](#)

Free Guide Can Help Your Child with Asthma Breathe More Easily



Do you have a child or other family member with asthma? Want to make sure you're up-to-date on the best tips to manage asthma as a family? Check-out these interactive guides from Children's Health Fund, available in both [English](#) and [Spanish!](#)

Safely & Conveniently Dispose of Your Expired or Unused Medications at Two Campus Locations



Valley Medical Center is proud to partner with King County MED-Project with the installation of two medication drop-off kiosks on campus.

[Find out where to safely drop off meds at Valley.](#)

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.

July/August 2017



LINK OF THE WEEK

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

RESOURCES

MyHealthMap.org— Map your way to a healthier family!



MyHealthMap is a resource to help families find free and low cost options for healthy activities and nutrition close to where they live and work. The map includes Renton and Kent, with plans to expand to South King county and beyond!

[Visit MyHealthMap today.](#)

Check Urgent Care Wait Times & Hop In Line From Your Phone!



Conveniently access the wait times in all of our Urgent Care clinics and check in at the clinic with the shortest wait. 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 urgent or emergency care?

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

SEMINARS AND EVENTS

FREE Valley Bike Helmet Fitting & Low Cost Helmets at Renton River Days, Friday, July 21



11 AM – 4 PM, Liberty Park

Bring your own helmet for a free fitting. Low cost bike helmets will be for sale for \$8, cash or check only. Must be present to purchase a helmet so it can be custom-fit.

[Learn more about Valley's helmet fitting program.](#)

FREE As Girls Grow Up



September 30, 2017, 1 – 4 PM

Medical Arts Center Auditorium

[Learn more | Register](#)

FREE Circle of Security: Relationship Building for Parent and Baby



Free 8-week series

Thursday, September 14 – Thursday, November 2, 2017
6:30 – 7:30 PM

Medical Arts Center
4033 Talbot Road South, Renton

Boost your parenting skills to give your baby the best possible start. For parents and caregivers of infants 0 – 2 years.

[Learn more | Register](#)

Prenatal Water Fitness



Tuesdays & Thursdays,
August 1 – 24, 2017, 6:15 – 7 PM

Lifestyle Medicine & Fitness Center
4011 Talbot Road South, Renton

\$50/person

[Learn more | Register](#)

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.

Healthy Foundations is a 16-Week Lifestyle Modification Program that is comprised of Physical Therapy, Nutrition Counseling, Weekly Wellness Workshops and Lifestyle 365 Prescriptive Exercise.

[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).

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.