

Parent Resource Newsletter

Bring the Whole Family to the Children's Therapy Holiday Open House

Friday, December 9th, 2011 from 5:30 - 7:00 PM

VMC Medical Arts Center, 1st Floor, 4033 Talbot Road South

Children's Therapy patients and their families are invited to join us as we celebrate the holiday season with refreshments, Santa Claus photos, craft and activity tables, children's photo I.D. cards, Dizzy's Tumble Bus, a gift for each child and more! Please bring your camera if you'd like to take a picture with Santa.



RSVP via [email](#), call 425.656.4215 or stop by the front desk to let us know how many adults and children will attend our holiday open house. Thank you!



Inclement Weather / Emergency Information

Please keep [inclement weather/emergency magnets](#) handy. If you need one, please ask at the front desk. If we have a snow/weather event, closures will be announced/updated through our phone line...no calls will be made. Please check phone message before coming in. Thank you.

VMC Parent Support Groups

Free VMC parent support groups meet **every Wednesday** at VMC's Medical Arts Center, 1st Floor, Room D. For more information, call 425.228.3440, ext 2526.

Toddler (ages 1-2 years)	10 AM – 11:30 AM
Crawler (ages 7-12 months)	11:30 AM – 1 PM
Baby (ages 0-6 months)	1 PM – 2:30 PM

Lind Avenue Metro Bus Route Changes

Metro bus routes that run along Lind Avenue are changing. The 153 route has undergone some time changes. The 247 route has been eliminated. Please visit [Metro](#) for all of the bus route revisions.



Athletes for Kids



Athletes for Kids is a mentorship program for special needs children in elementary and middle school. Their mission is to help special needs children feel great about who they are, while learning interpersonal and other important life skills. The program works to foster a positive, supportive learning environment at school to maximize each child's gifts. Each child (mentee) is matched with a high school aged athlete (mentor). Mentors undergo thorough screening and training prior to being matched with a mentee, with ongoing training provided for mentors throughout the year. Visit [Athletes for Kids](#) for more information.

Helping Your Overly or Under-Sensory Responsive Child Get to Sleep

Bedtime Routines

- Plan and keep consistent bedtime routines.
- Use visual aids. Place pictures of the bedtime routine up in the room.
- Read special age-appropriate bedtime books talking about the importance of sleep.



Bedroom Environment

Make sure your child's sleep area is:

- Dark, by closing the blinds or pulling down the window shade
- Quiet
- Has some type of background noise--a fan, air purifier or white noise machine running can be calming to some children

Upcoming Holiday Closures

Thursday, November 24th	Thanksgiving
Friday, November 25th	Thanksgiving
Friday, December 23rd	Christmas
Monday, December 26th	Christmas
Monday, January 2nd	New Year's Day

NEW Children's Therapy QUIET ZONE Helps Everyone

You will soon see a new QUIET ZONE sign installed in the hallway near the entry and reception areas. Please engage in conversations with your therapist beyond the QUIET ZONE area and foam station. Keeping the noise levels low in these areas will help our receptionists clearly respond to phone calls and patients at the desk and help keep your child's information as confidential as possible. Thank you for assisting us in this matter.

November / December 2011

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MEDICAL STUDY

Do You Have a Child with Autism Spectrum Disorder Who has a Younger Infant Sibling?

Free Opportunity for Infant Developmental Evaluation and Brain Imaging Study

The University of Washington Autism Center and Seattle Children's Hospital are conducting a study to identify infants who may be at risk for autism. Free developmental evaluations and brain imaging studies will be provided when infants are 6, 12 and 24 months of age to help parents obtain early intervention for infants showing early signs of autism. To participate, your infant must be 12 months or younger and have a sibling with an autism spectrum disorder.

To learn more, please call 1.800.994.9701.

DONOR CORNER

Thanks to Miles Scott for the phonics book!



Help Us Keep Our Food Pantry Stocked

We often need to stock our pantry for feeding therapy and meal preparation sessions. These sessions help teach some patients to eat various textures and others to learn how to prepare simple meals. Children's Therapy and the patients we serve would greatly appreciate donations of:

November: Individual packages of filled cookies (e.g. Oreos)

December: Individual packets of Easy Mac Macaroni and Cheese

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 eNewsletter.

If This is Your First *Parent Resource Newsletter*

Welcome to all of our new families! The *Parent Resource* is our 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.