

Children's Therapy

UW Medicine

VALLEY
MEDICAL CENTER

▶ SHARE WITH A FRIEND!

Parent Resource Newsletter

October is National Physical Therapy Month!



Celebrate with the physical therapy team, Irene, Krista, Lauren, Cari and Jessica and get your bodies moving! This year we are focusing on injury prevention. You and your family are invited to join the fun by picking up educational handouts and participating in weekly activities as we continue to work towards a healthy, active and injury-free lifestyle.

PLAY PLAY

PLAY PLAY is a new way for kids with disabilities and their families to meet for play, social time and exercise in Tacoma and the South Sound. Play dates will be posted on Facebook at Play Play - Tacoma. Sign up for play date email notices at playplaytacoma@gmail.com. Questions? Call 253. 256.2021. Participation is free and for grade-school ages of all abilities. Play dates are only at ADA-friendly sites and parent supervision is required--no dropping off.



Response to Intervention: Information for Families

Response to Intervention (RTI) is state-wide prevention system implemented through the public school system to maximize student achievement and reduce behavior problems. Through RTI, all students are tested in areas such as reading, writing, math and behavior. Those with areas needing improvement are identified and given the help they need as quickly as possible. For more information, see k12.wa.us/RTI or contact Michaela Duggan, Program Coordinator at 253.565.2266 or email mduggan@wapave.org.

October 2011

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▶ WORKSHOPS AND CLASSES

Autism 210: Addressing Challenging Behaviors at Home

Thursday, October 20, 2011
Instructor: Nancy Rosenberg, PhD

Autism 211: Combating Isolation and Finding Support

Thursday, November 17
Instructors: Parent Panel

Classes are held at Seattle Children's Hospital from 7 to 8:30 PM in Wright Auditorium. To register, please visit <http://www.seattlechildrens.org/classes-community/classes-events/autism-200-series/> or call 206.987.8080.

What You Need to Know About Oral Health for Children 1 - 4 Years

- Brush your child's teeth after breakfast and before bed with a soft toothbrush.
- For most children under age 2, toothpaste is not needed. ONLY use a smear of fluoride toothpaste before age 2 if a dentist or physician advises your child is at high risk for cavities.
- After age 2, use a small pea-size amount of fluoride toothpaste, being sure your child spits out any excess toothpaste.
- Do not share cups or eating utensils with your child; pre-chew your child's food; or put a pacifier in your mouth before giving it to your child. Adults and caregivers can pass germs to a child that cause cavities--avoid this by not sharing saliva.



For more information on the Oral Health Program, visit <http://doh.wa.gov/cfh/oralhealth>.

Keep Your Children Safe in the Car: New Car Seat / Booster Seat Safety Guidelines



The American Academy of Pediatrics and the National Highway Traffic Safety Administration recently announced modifications to their child passenger safety recommendations. The most significant change is for all children to remain in a rear-facing car seat until age 2 (rather than age

1), or until they reach the maximum height and weight for their seat. Another important change is to the booster seat phase. **The new recommendation is for children to use booster seats until they have reached 4' 9" tall and are between 8 and 12 years of age.** For more info, please visit nhtsa.gov/safety/cps.

Free Monthly Sports Clinics

Seattle Adaptive Sports offers free monthly Paralympic Sports Experience clinics, providing physically disabled individuals opportunities to learn about sports through one-on-one instruction and demonstrations. Free clinics are the 2nd Saturday of each month from 1 – 3 PM at Nova High School, 301 21st Ave E., Seattle 98112. Participants are invited to attend the CREW Youth Social following each sports clinic from 3 – 5 PM. Contact Tami English for registration at 253.297.5389 or email info@seattleadaptivesports.org. For more info, visit seattleadaptivesports.org.

Saturday, October 8: Power Soccer Clinic

Saturday, November 13: Snow Skiing with *Outdoors for All*

▶ DONOR CORNER

Dishing Out a Big Thank You

Thanks to the Cooper family for the weighted spoons!



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:

October: Individual packets of Easy Mac macaroni and cheese

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

▶ CHILDREN'S THERAPY WEBSITE

valleymed.org/childrenstherapy

▶ PREVIOUS NEWSLETTERS

Back Issues of the *Parent Resource Newsletter* Available Online

Visit valleymed.org/childrenstherapy 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.