

Children's Therapy

UW Medicine

VALLEY
MEDICAL CENTER

▶ SHARE WITH A FRIEND!

Parent Resource Newsletter

C.A.S.T. for Kids Fishing Event



**Saturday, September 10, 2011
at Gene Coulon Park, Renton**

Catch a Special Thrill (CAST) for Kids is sponsoring an event to provide children with special needs the opportunity to enjoy a quality outdoor recreational experience fishing on the water. To register, please visit www.castforkids.org or contact Ashley at ashley@castforkids.org or call 425.251.3202.

Car Seat / Childseat Changes

The American Academy of Pediatrics and the National Highway Traffic Safety Administration recently announced modifications to their child passenger safety recommendations. Most significantly, **all children are now recommended 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**. Old booster seat guidelines recommended that children remain in boosters until age 8, unless they are 4'9" tall. **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 www.nhtsa.gov/safety/cps.

Research Participation Opportunity for Children with Autism

The University of Washington Department of Speech & Hearing Sciences Language Club is now recruiting participants for a study examining how young children guess what others are thinking based on where they look. By studying this, they hope to better understand children with autism spectrum disorders (ASDs) and develop more effective treatment programs.



Who can participate?

- Children with an ASD diagnosis (autism, PDD-NOS, Asperger syndrome)
- Must be between the ages of 4 years, 0 months and 7 years, 11 months
- Must have relatively age-appropriate language and thinking skills

To participate or for more info, please call Kathryn Greenslade at 206.685.2199.

September 2011

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▶ WORKSHOPS AND CLASSES

Autism 209: Anxiety

Thursday, September 15, 2011
Instructor: Felice Orlich, PhD

Autism 210: Addressing Challenging Behaviors at Home

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

Classes are held at Seattle Children's Hospital from 7 - 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.

15th Annual Buddy Walk of Puget Sound



Sunday, October 2, 2011 at Seattle Center

The Down Syndrome Community is hosting its 15th Annual Buddy Walk, an advocacy event to promote acceptance and inclusion of people with Down syndrome. Last year over 225 walks took place worldwide with 100,000 people participating. For more info or to volunteer, send an e-mail to buddywalk@downsyndromecommunity.org or contact Lynne Palmisano at 425.681.2957.

Seattle Adaptive Sports



Learn about sports for physically disabled individuals with one-on-one instruction and demonstrations at this Paralympic Sports Experience, a free opportunity offered the second Saturday of each month, 1 - 3 PM at Nova High School, 301 21st Ave E, Seattle. The CREW Youth Social to follow each sports clinic from 3 - 5 PM. For info and registration, contact Tami English at

info@seattleadaptivesports.org or call 253.297.5389. For more info on Dribble on Wheels basketball camp, teams, workshops and college scholarships, visit seattleadaptivesports.org.

September 10, 2011: Basketball & rugby

October 8, 2011: Power soccer

Parents, Please Keep Food and Drinks Out of Treatment Areas

For patient safety and infection control, only water and no food or beverages are permitted in the therapy treatment areas. Only food/beverages used *for treatment purposes* are allowed in these areas. Parents who bring food or beverages into the treatment area will be asked to finish them in the waiting area before going back to the therapy areas. Thank you for understanding as we strive to maintain a safe environment!

Food Donations Needed

We often need to stock our pantry for therapy sessions. Feeding therapy patients learn to eat various textures, while others learn simple meal preparation. The Children's Therapy patients and staff would greatly appreciate donations of:

September: Nutrigrain granola bars

October: Individual packets of Easy Mac Macaroni and Cheese

▶ **CHILDREN'S THERAPY WEBSITE**

valleymed.org/childrenstherapy

▶ **PREVIOUS NEWSLETTERS**

Back Issues of the Parent Resource Newsletter Available Online

Visit valleymed.org/childrenstherapy view back issues of the Children's Therapy Parent Resource eNewsletter.

Welcome to all of our new families! The Family Resource Update 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.