

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.



Free Art Therapy every Thursday at Children's Therapy!



Art can be an amazing way for children to express themselves! Since early October, Children's Therapy has been offering free art activities at the clinic, Thursdays, 12 – 1 PM. Children are provided an opportunity to learn through a variety of art activities and sensory experiences. Art activities can allow children to develop social skills, express emotions, follow structural activities and improve coping skills. Children of all ages are welcome, and they don't have to be a patient here—siblings and friends are welcome to attend as well!

Woof! Meet Clover, Children's Therapy's Newest Volunteer



Have you seen a new face in the waiting room on a Thursday afternoon? If so, you may have been lucky enough to meet Clover, our visiting therapy dog, and her dad Terry. Terry and Clover join us every other Thursday from 1:45 – 3:15 PM. Clover visits in the waiting room and sometimes joins therapy sessions. Her visits may help a nervous child feel more comfortable, provide a natural speech opportunity, and encourage a child to move toward her while working on walking and other motor skills. If you attend therapy on a different day or time and want your child to meet Clover, ask your therapist and we will schedule if possible!

7 Tips for Raising Confident Kids



Is your child naturally self-confident or a little bit timid? Toria Frederick, co-founder of The Step Stool Chef and mother of an 8-year-old boy, shares seven strategies for parents about how their children can develop leadership skills and confidence to be independent, take risks, and explore new skills throughout their lifetime. [Check out the helpful tips!](#)

Did You Know Adaptive Clothing is Now Available at Target?



Target now has a new line of adaptive clothing for children via [Target.com](#). The Cat & Jack Design for All clothing sizes range from 2T – 5T and XS – XXL. Items are priced between \$5.50 to \$39.99 and include long and short sleeve t-shirts, hoodies, puffy jackets, leggings and bodysuits. Available features include zip-off sleeves, side-entry openings, snaps in the back of clothing, flat sleeves, abdomen access, and many others.

Would Your Child with Autism Appreciate a Birthday Card? Sign Up to be a Member of Washington Autism Alliance and Advocacy



Are you a member of Washington Autism Alliance and Advocacy? According to their [website](#), "Our mission is to ensure that all children and other developmental [Autism Spectrum Disorders \(ASDs\)](#) and other developmental disabilities (DDs) have every opportunity to thrive and become productive members of society. We do this by helping families access ASD and DD health insurance benefits, effective services in schools, and supportive community-based services, regardless of their personal financial situation." If you are a member, they will send your child a personalized birthday card each year! (You can opt-out at any time by emailing the organization.) Other membership benefits include keeping up-to-date on events, access to their parent partners, advocates, training workshops, social groups, finding out about recent progress in legislation and advocacy, learning ways to become involved and more. [Sign up or learn more.](#)

How Much Does It Cost to Feed a Child with a Feeding Disorder? Help Everyone Learn by Participating in a National Survey



We know that being the parent or guardian of a child with a pediatric feeding disorder requires out-of-pocket spending. But we don't know how much it *actually costs*—no one has measured this yet—until now.

If you're a parent or caregiver of a child with a pediatric feeding disorder, you're invited to participate in a survey designed to understand the disorder's financial burden on families. Feeding Matters and FirstEval are interested in gathering information about your experiences and costs related to being the parent or guardian of a child with a pediatric feeding disorder. All responses are voluntary and anonymous, and the survey will take about 20 minutes.

[Learn more and participate in the survey.](#)

Do You Have a Child with Cerebral Palsy Under Age 3? Participants Needed for Treadmill Research Project



Seattle Children's Hospital is looking for children with cerebral palsy under the age of 3 to participate in a study related to a treadmill training program for children with motor impairments in both legs. Researchers would come to you in your home! If you are interested in participating, please contact Kristie.Bjornson@seattlechildrens.org or call **206.884.2066**.

November/December 2017



Please help our clinic welcome two new employees. We're so excited they are joining us!

Mike Clark, Occupational Therapist

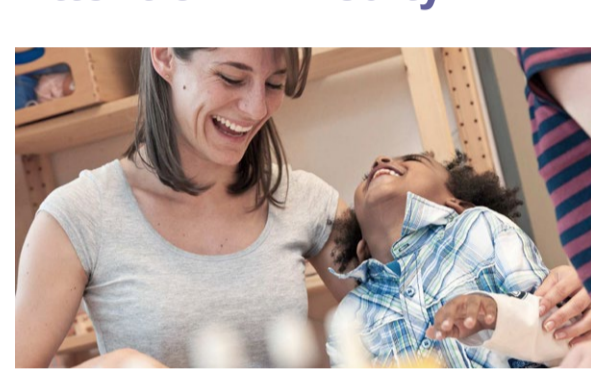
Robin Luthi, Rehab Aide

▶ LINK OF THE WEEK

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

▶ RESOURCES

Understood.org Offers Resources & Helpful Advice for Those with Learning & Attention Difficulty



Do you have a child who has difficulty with learning and attention? [Understood.org](#) has a wide range of resources including how to advocate for assistance at school; common challenges related to friends and social situations; blogs and support groups.

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.](#)

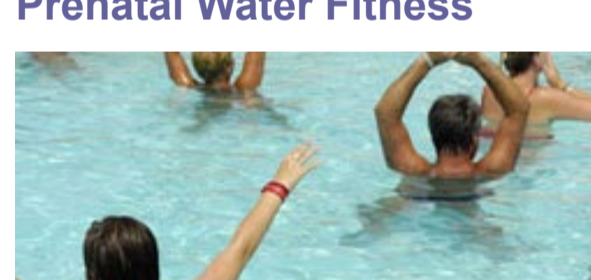
Need to Enroll for 2018 Health Coverage? Enroll Now through Dec. 15 at Washington Healthplanfinder



Washington Health Benefit Exchange has more customer resources and assistance available than ever before to help people find and enroll in health coverage for 2018. This includes [Smart Planfinder](#), a new decision-support tool on [Washington Healthplanfinder](#) that connects customers with plans that best fit their needs, and additional community-based locations to sign up. They even have a mobile app, [WAPlanfinder](#) to help you find coverage information on the go.

▶ SEMINARS AND EVENTS

Prenatal Water Fitness



Tuesdays & Thursdays, Nov. 27 – Dec. 21, 2017, 6:15 – 7 PM

Lifestyle Medicine & Fitness Center
4011 Talbot Road South, Renton

\$50/person

[Learn more | 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 the following donors:

To **Sebastian Kelly** and family for the Blend Sounds Sandwich game & Word Families Ice Cream game!

To **Proliance Orthopedic Associates** for the 100 Halloween treat bags for our patients!

▶ 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.