

Parent Resource Newsletter

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If you have a good experience at Children's Therapy, we invite you to [let others know](#) with your comments.



September/October 2017

Fun, Fashionable, and Cozy—Valley's Youngest Patients Among First in Nation to Receive Starlight Foundation's Brave Gowns



Staying in the hospital is going to be more fun, fashionable and cozy for Valley's youngest patients thanks to [Starlight Children's Foundation's](#) generous donation of Brave Gowns, delivered with four [Athletes for Hope](#) ambassadors from the [Seattle Reign](#) soccer team to our [Children's Therapy](#) clinic. [Learn more about the gift and Children's Therapy event.](#)

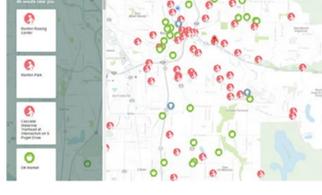


LINK OF THE WEEK

[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.](#)

Child Find Services for Children Ages 3 – 5 Evaluates Children for Delayed Skills Before They Begin School



Do you have a child who may be delayed in cognitive, communication, motor, or social skills and is not yet starting kindergarten? Child Find is the process of locating and evaluating children with disabilities. IDEA, the Individuals with Disabilities Education Act, requires all school districts to locate, evaluate and provide services for children who have a qualifying disability or delay. If your child qualifies, developmental preschool or therapeutic services at your child's local school may be offered. Contact your school district for more info.

Local School District Phone Numbers

- Seattle: 206.252.0805
- Renton: 425.204.2205
- Kent: 253.373.7027
- Federal Way: 253.945.2093
- Highline: 206.631.3012
- Tukwila: 206.901.8090
- Auburn: 253.931.4927

SEMINARS AND EVENTS

FREE Circle of Security: Relationship Building for Parent and Baby



Free 8-week series
Thursdays, Sept. 14 – Nov. 2
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](#)

Women Take Heart—12-week Free Class

Tuesdays, Sept. 19 – Dec. 19, 2017,
4 – 6 PM
Renton Community Center
1715 Maple Valley Hwy, Renton



Women age 21 to 72, you're invited to attend a free 12-week Women Take Heart series! Learn how to make positive lifestyle changes such as managing stress, eating healthy on a budget and improving physical activity. This class is part of a research study and includes health coaching, questionnaires, and two free health screenings. **Space is limited—registration required.**

[View more information](#) or call 206.667.7891.
[Sponsored by Hope Heart Institute.](#)

Prenatal Water Fitness



Tuesdays & Thursdays,
Sept. 26 – Oct. 19, 2017, 6:15 – 7 PM
Lifestyle Medicine & Fitness Center
4011 Talbot Road South, Renton
\$50/person
[Learn more | Register](#)

FREE As Girls Grow Up



Saturday, Sept. 30, 1 – 4 PM
Medical Arts Center Auditorium
[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).

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.

Bookworm Babies—Grant Funds Support Early Literacy for Valley's NICU Patients



A recent grant supports Valley's littlest learners. The [Windermere Foundation](#) awarded Valley's [Children's Therapy](#) clinic \$2,000 in support of the "Books for Babies" program. Books purchased through the grants funds will be offered to parents of [Neonatal Intensive Care Unit \(NICU\)](#) infants to promote language development. The Foundation states it selected the project because it will help infants within South King County get a strong start at life. [Learn more about the program.](#) Get tips and learn the benefits of reading to your newborn, baby, toddler, or preschooler in [English](#) or [Spanish](#).

Does Your Health or Your Child's Need a Booster? Keep Your Family's Vaccines Up to Date



Knowing what vaccinations are recommended and at what ages is an important measure for preventive health. [Learn more.](#)

Is Your Child Sick? Please Cancel their Therapy Session & Help Us All Stay Healthier



To keep your child, therapist, other children in the clinic and the rest of our staff healthy, **please call us and cancel your child's scheduled therapy session:**

- If they have experienced these symptoms within the last 24 hours before your scheduled session:
 - Fever
 - Vomiting
 - Diarrhea
- If your child has symptoms or behaviors of illness that would keep them from participating fully in therapy, it is best to cancel.
- If your child did not go to school due to illness, they should not come to therapy.

Thanks for helping us all stay healthier!
Clinic number: 425.656.4215

Helping More Families, Lowering Costs—Clinic Appointment Times have Changed

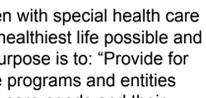


Appointment times have been made shorter to reduce costs for families; lower waiting list times; and make it easier for patients to schedule back-to-back appointments between different therapies. All occupational and physical therapy appointments will be changed to 30 or 45-minute session lengths, which matches the current speech therapy schedule.

All families should have received a letter dated August 7, 2017 detailing our scheduling changes. If you did not receive a copy of this letter, please ask your child's therapist for one at your next appointment. If your appointment time is affected, our schedulers will contact you to confirm times. If you have questions, please talk with your therapist or contact our clinic manager, Kari Tanta at 425.228.3440, ext. 3560.

Want to Know What the State Has Planned to Help Children with Special Health Care Needs? Check Out the July CSHCN Meeting Minutes

Are you interested in learning about the wide range of what is going on in the state regarding children with special health care needs? The CSHCN program mission is: "To promote integrated systems of care which assure the population of children with special health care needs the opportunity to achieve the healthiest life possible and develop to their full potential." Their purpose is to: "Provide for exchange of information among those programs and entities that serve children with special health care needs and their families, and facilitate an opportunity to learn more about statewide policies, programs and issues critical to this unique population." [Read the July 2017 meeting minutes here.](#)



Welcome to New Children's Therapy Staff Members: Natasha, Chelsey, Megan!

Next time you're here, you may see new faces in the clinic. Please help us welcome the following new staff members:

Natasha Arora, Speech-Language Pathologist

Chelsey Robinson, Occupational Therapist

Megan Robinson, Clinic Aide



Looking for Recreational Programs for Children with Special Needs?



Designed with all abilities in mind, specialized or adaptive recreation programs can help move your child forward from outpatient physical therapy to group or individual sports programs. These programs can provide great extra support to outpatient therapy services. Locally, the cities of Kent, Auburn and Renton each have their own programs with scholarship opportunities available. Typically these programs are for children ages 8 and up, but some program have exceptions.

The **City of Renton** [Specialized Activities program](#) is designed for individuals in the Renton area with disabilities, including those who have a physical or developmental disability and provides group leisure and recreational activities. The Renton Recreation Division also offers sports training and competition through Special Olympics. Individual, team and unified sports are provided. Before participating, athletes must submit a current Special Olympics Washington Application for Participation (AFP) and a Renton Recreation Division Specialized Recreation Information Form. Fees vary based on the sport and season and financial assistance is available. Click on ["The Buzz"](#) for dates, time and locations.

Please call 425.430.6748 for more information or [look online](#), and click on "Special Olympics and Specialized Recreation" on the left side of the page.

The **City of Kent** offers bowling, tennis, basketball, cheer and a wide variety of swim classes for their [adaptive sports options](#). Their creative fitness program focuses on improving strength, balance, coordination and endurance. Additionally there is a parent-child play program designed for children with and without disabilities, involving gross motor play, action songs, singing and parachute time.

Please call 253.856.5030 for more information or [visit them online](#).

The **City of Auburn** offers a [specialized recreation program](#) focusing on building skills. Team sports are for athletes with developmental disabilities who are ready to play on a team with the skills and abilities necessary. Competition with other athletes of the same age and/or ability levels are part of the team experience. Unified Sports and Inclusive Opportunities provide understanding, disability awareness, and integration between athletes with special needs and partner athletes without disabilities. The Individual Skills program teaches basic skills necessary to play a team sport. The program is designed for those with developmental disabilities of the same ages and abilities to still participate while learning the basic skills and concepts of the sport. Sports programs are offered for youth, teens and adults for all abilities, ages 8 and up. Sport options vary each season.

Please call 253.931.3043 for more information or [visit them online](#).