

# 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.



July 2018

## New Parent? Make New Friends, Learn, Share & Create Community in a Children's Therapy FREE PEPS Group



**Fridays, 11:30 AM – 1:30 PM**  
**12-week session starts Sept. 7, 2018**



Hosted at Valley Medical Center  
Children's Therapy

### What is PEPS?

The Program for Early Parent Support, the PEPS experience, strengthens families, increases family wellness, and prepares families to cope with life stresses by creating social, thriving parent groups. Share the joys and challenges of parenthood and develop confidence in your own abilities. PEPS provides immediate and accessible support, creating "extended families" that often last a lifetime.

Through the PEPS/Valley Medical Center partnership, you and your child will benefit from the shared expertise of your PEPS and VMC Children's Therapy group discussion leaders, and other Valley and local experts.

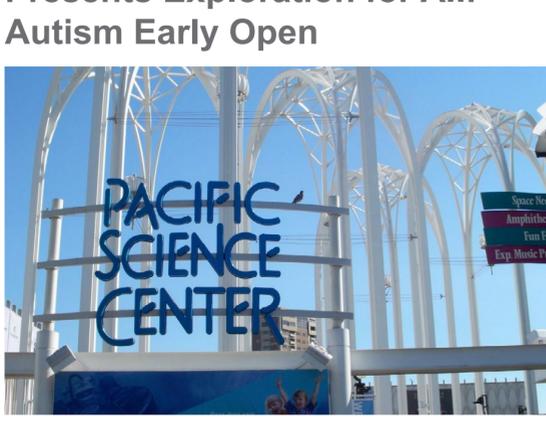
### This 12-week program will help you:

- Increase your confidence in parenting
- Learn about development milestones, plus activities and strategies to support them
- Educate yourself through PEPS leader & expert-led discussion topics
- Meet new friends to learn, share and connect in a small group
- Get direct access to resources, professionals, trained volunteers and other parents

Questions? [Email Children's Therapy PEPS Coordinator](#).

[Register for this support group](#).

## Pacific Science Center Presents Exploration for All: Autism Early Open



The Pacific Science Center proudly presents **Exploration for All: Autism Early Open**. On the third Saturday of each month, all families affected by autism spectrum disorder are invited to explore Pacific Science Center during a special free morning visit from 8 – 10 AM—before they open to the public (entry through the North Entrance only). The next three events are July 21, August 18 and September 15. Experience exhibits without heavy crowds when they have experienced general lighting and decreased noise level and visual stimulation on interactive exhibits wherever possible. They'll also provide additional captioning devices in one of their IMAX theaters and printed copies of sensory guide for guests—including maps of exhibit spaces rated for noise level, visual stimulation, availability to touch and feel and strong odors.

[Get more information here](#).

## Meet More of Our Therapists!

### Therapist Corner

Each month we will be featuring two of our therapists on staff as a way to get to know us better!



**Kristina Johnston**  
Speech Language Pathologist  
*Years in the profession: 2*

### Favorite children's books:

- Goodnight Gorilla
- Click-clack-moo Cows that Type
- Where the Wild Things Are

### Favorite family games:

- Hide and go seek: taking turns hiding, counting, asking questions "Where are you?", location concepts such as "in," "on," "under"
- Howie's Owie: colors, body parts, sizes (e.g. big vs. little)

### 3 things about me:

1. I lived in Anchorage Alaska for more than 20 years
2. My favorite sport to watch or play is soccer
3. My hobbies include reading, sewing and shopping



**Jessica Mendoza**  
Physical Therapist  
*Years in the profession: 7.5*

### Favorite ways to increase children's physical skills:

Playgrounds for practicing steps, climbing, crawling, swinging and motor planning—so much you can do! I love the BOSU ball too for challenging balance and creative strengthening exercises.

### Favorite family games:

- Twister: strengthening, motor planning and flexibility
- Cranium Hullabaloo: active, exploring different ways to move
- Active outdoor games like Frisbee and hopscotch

### 3 things about me:

1. My family is originally from Mexico and I speak Spanish
2. I've played the flute since the 5th grade and am currently in a community Wind Symphony
3. I love to knit and crochet and you'll often find me making something out of yarn!

## Rincón Español (Spanish Corner)



### Lectura para el desarrollo lingüístico

Para los niños pequeños que empiezan a caminar todo se trata de la acción. Leer también puede tener acción. La lectura incentiva el constante desarrollo lingüístico y el interés en los libros. En vez de leer mientras el niño escucha usa estas formas para soportar al niño a ser un contador de historia.

Lectura dialógica es una forma de leer que alienta al niño a participar activamente en responder preguntas, hacer conexiones entre libros y la vida real, hablar sobre el cuento o fotos, aprender nuevo vocabulario y hacer predicciones. ¡No es simplemente leer, es creando una conversación usando un libro!

### ¿Como se hace la lectura dialógica? Sigue estos pasos:

1. Lee la página primero, después preguntas una pregunta que funciona para atraer al niño a ser un participante activo.
2. ¡Toma una pausa! Es importante darle tiempo al niño para pensar y responder.
3. Escucha a la respuesta. Da alabanzas o repite los que escuchaste, aumentando lo que dijo con uno o dos palabras mas expandiendo la respuesta.
4. Responde. Trata de seguir el interés del niño comentando en lo que dijo, recuerda es una conversación.

### Por ejemplo: leyendo el libro "Buenas Noches, Gorila"

Mama: "Buenas noches gorila. Mira esto, ¿qué crees que va a hacer con las llaves?"  
Nino: "salir"  
Mama: "Muy bien! Salir de la jaula. ¡Uh oh, muy necio el mono!"  
Nino: "sí necio, no salir"

Mucha investigación suporta la practica de lectura dialógica como un método de bajo costo para promover lectura y preparación escolar para niños pequeños. El método de leer a los niños es importante. Los niños que se vuelven participantes activos en lectura muestran mas ganancias en lenguaje. Para más información sobre lectura dialógica incluso etiquetas con preguntas para añadir a los libros busca en esta pagine web: [sphsc.washington.edu/welcome-dubs-reads](http://sphsc.washington.edu/welcome-dubs-reads).

¡Y recuerda no es simplemente leerles, es creando una conversación usando un libro!



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



## Please Include Children's Therapy in Your Summer Planning



We are open the entire summer, even when school is out! Please remember to let your therapist or the front desk know if you are planning to go on vacation or your child is enrolled in a camp or other activity that will cause them to miss their therapy time. The earlier we know, the easier it is to plan schedules and possibly allow a child on the waiting list to be seen in that time. Please call us at **425.656.4215** if you need to make a schedule change.

## 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](#).



## Prenatal Water Fitness



**Tuesdays & Thursdays, 6:15 – 7 PM**

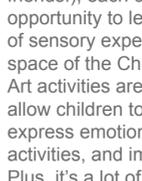
4 week sessions \$50

Low-impact conditioning, strength training and flexibility exercises, allowing expectant mothers the ability to continue their fitness & wellness routine with minimal risk. Hydrostatic pressure and buoyancy components of exercise are just two of the benefits of exercising during pregnancy.

[Learn more | Register](#)



## Creative Development Art Class



**Thursdays, 12 – 1 PM**

For children of all ages and not limited to Children's Therapy patients (welcome siblings and friends!), each child will be provided an opportunity to learn through a variety of sensory experiences in the familiar space of the Children's Therapy Clinic. Art activities are also an opportunity to allow children to develop social skills, express emotions, follow structured activities, and improve coping skills. Plus, it's a lot of fun! No registration required, it's completely free, so just show up and start creating!

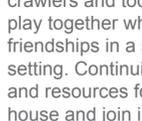


## Adjusting to Supporting Group

**Wednesdays, 1 – 2:30 PM**

Is my baby doing ok? Am I doing ok? Join other new parents to ask questions and talk about finding your new "normal." Share worries, celebrations and resources. Learn about infant play, development, health, safety, feeding and sleeping while creating friendships for yourself and your child. Real people, real life, real honest discussion. Parents and newborns to 8 months in age.

[Learn more | Register](#)

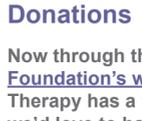


## Parenting Connections Support Group

**Wednesdays, 10 – 11:30 AM**

Find a community for you and your child by connecting with a group of new parents to share the feelings, needs and challenges of older, more active crawlers and toddlers. The little ones play together while parents build lifelong friendships in a safe and consistent setting. Continuing support, education and resources for parents. Get out of the house and join in. Parents and children from 9 months to 2 years.

[Learn more | Register](#)



## Prescriptive Exercise Information Sessions

Get a prescription for a lifetime of good health. Attend this free, 1-hour presentation to learn about our specialized, prescriptive exercise programs, Healthy Foundations and Lifestyle 365.

[Learn more | Register](#)



## 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).



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 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.