

Parent Resource Newsletter

October/November 2018

Like Us on Facebook

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



Why is My Toddler Jumping Off the Couch?



Toddlers gather information about their bodies' strength, effort required to move, and their position in an area with activities like running back and forth, crashing and rolling their bodies into people and objects, and climbing and jumping off furniture. [Get ideas for targeting this sensory feedback in your child.](#)

My Child is Getting Older. What Happens Next?



Are you aware of the resources at our local Bellevue College and Highline College for adolescents transitioning out of the public school Individual Education Plan (IEP) and 504 plan support system? [Check out local offerings!](#)

Rincón Español: El Juego



Jugar es como los niños exploran el mundo. Jugar es también como los niños aprenden sobre ellos mismos y también como hablar y movilizarse. Mucho de las habilidades del habla, lenguaje, pensamiento crítico y social (habilidades para el éxito escolar) lo aprenden en el juego. Y el juego es directamente conectado al desarrollo de motor fino y grueso.

¿Cuál es el papel de los padres en el juego de sus niños?

Lo único que limita el juego de los niños son la imaginación y los recursos que tienen. Tú le puedes dar los recursos y las experiencias en el tiempo adecuado para aprender una nueva habilidad. Piensa en la capacidad de motor fino o grueso que tiene tu niño y introduce juegos teniendo eso en cuenta. Por ejemplo, un bebé que desarrolla la habilidad de cerrar los dedos alrededor de objetos (4 meses) está listo para jugar con objetos pequeños, introduce sonajeros, ¡títeres de dedo o mano y canciones con movimientos!

Cuando el niño desarrolle la siguiente etapa de motor, parar y tomar primeros pasos (12 meses) es tiempo de introducir bloques para colocar uno encima del otro, una pelota para rodar, tirar pelotas en un balde, carros pequeños para empujar, jugar escondites, colorear y escribir en papel, jugar con burbujas. Siempre teniendo en cuenta que las actividades que escoges son también oportunidades para introducir nuevo vocabulario y conceptos. Este es el tiempo también de introducir diferentes texturas al niño, déjalo que se ensucie jugando con cosas que no sea peligroso de comer como gelatina o pudín.

El juego es importante para el desarrollo de los niños, pero teniendo en cuenta que los juegos sociales es lo mejor para el desarrollo del lenguaje. ¡Juega con el niño en el piso! No es necesario siempre usar juguetes del almacén si no puedes usar cosas o artículos que tengan alrededor de su casa o la cocina por ejemplo usar Cheerios, zapatos, cajas. Pregúntate qué puedes introducir al niño que sea una actividad llena de estimulación de lenguaje y sensación. Como siempre, no dudes en hablar con la terapeuta de habla o ocupacional de tu niño sobre nuevas ideas para el juego.

Clinician Spotlight

Get to know us better by checking out the interests and background of our staff therapists.



Lesley
Speech Language Pathologist
Years in the profession: 7 years

Favorite children's book:

- Popcorn by Frank Ash
- Milk and Cookies by Frank Ash

Favorite family games:

- Picture bingo for targeting speech sounds
- Any assistive technology to help people communicate better

Three things about me:

1. I love my big dog Rusty and my cat Maya
2. I used to live and work in Austin, Texas
3. I once went on a month-long camping road trip



Arin
Occupational Therapist
Years in the profession: 11.5 years

Favorite sensory item or strength/balance building items:

- Shaving cream, for sensory regulation and fine motor development
- The Children's Therapy rainforest gym, for gross motor coordination, body awareness, and sensory regulation, and especially the [Lycra swing](#)

Favorite family games:

- Barnyard Bingo, a great game to address cognitive development and social participation
- Thin Ice, for grading movement, visual-motor coordination, and learning about winning and losing

Three things about me:

1. I love to travel—the most exciting places I've been are Japan, Australia and Costa Rica
2. I love to craft! My Cricut die-cutting and embossing tool is my favorite thing
3. I am a huge sports fan and currently part of TWO fantasy football leagues, plus I love my Cougs, GO COUGS!

Symphony Performances for Children with Autism, Ages 5 to 8 years



[Sensory Friendly Concerts](#) is a Seattle Symphony program designed specifically for children on the Autism spectrum and with other sensory sensitivities. The program invites families with children ages 5 to 8 to enjoy small chamber works and participatory group songs in the Norcliffe Founders Room at Benaroya Hall. The concert experience includes instrument exploration before and after the show, a meet-and-greet with the featured musicians, and a 35-minute performance hosted by a board-certified music therapist. Upcoming dates are: Nov. 10 – 11, 2018; Jan. 12 – 13, 2019; Mar. 23 – 24, 2019; Jun. 1 – 2, 2019.

Need to Get Out of the House on a Rainy Day?

Consider a visit to the [Imagine Children's Museum](#) in Everett! From their website:

"Free and guided play builds a child's social and academic development. At Imagine Children's Museum, we promote the power of play:



learning and playing by doing what every child loves to do best...play! Our interactive exhibits and activities encourage children (ages 1 to 12) and their families to role play, experiment, splash, think, wander and create together in a place where they can feel physically and emotionally safe."



▶ LINK OF THE WEEK

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

▶ RESOURCES

Check Quick Care & Urgent Care Wait Times and Hop in Line from Your Phone

Check in at the clinic with the shortest wait by looking up online wait times at Kent Station Quick Care and all our Urgent Care clinics. 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 quick, urgent or emergency care?

[Here's a guide to help you decide.](#)

▶ SEMINARS AND EVENTS

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](#)

▶ FREE CLASSES & SUPPORT GROUPS



As Girls Grow Up

Saturday, October 6
1 – 3 PM

For girls ages 9 to 12 and their parents or caregivers, this class focuses on the physical and emotional aspects of puberty.

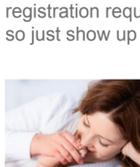
[Learn more | Register](#)



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!

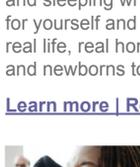


Adjusting to Parenting Support Group

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](#)

Do You Have a Daughter Diagnosed with Autism? Consider Aspire Girls



[Aspire Girls](#) is a social group for girls with an autism spectrum disorder, ages 8 to 16 years, providing extra support and guidance with socializing which is made more difficult by the very nature of ASD. Aspire Girls helps girls with ASD socialize with girls their own age so they can learn to interact positively and relate through play, exploring common interests, and just being girls. This group is run through the Washington Autism Alliance and Advocacy organization.

▶ 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. 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 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.