How Can a Day at the Park Support my 2 – 5 year old Child’s Language Skills?

By Taylor Albrecht, Children’s Therapy

Did you know that language learning is not just about words? While it is important to expose your child to a variety of word types, the most critical aspect of language learning is connecting the word with the object and the action. A very effective way to teach language is to do it in the context of the activity. A day at the park provides a hands-on way to learn and explore in a more fun and exciting way for kids.

Here’s a guide to help you decide.

Urgent or Emergency Care?

Check Quick Care & Urgent Care at the PEPS website!

Wonder whether to choose quick, non-urgent care at your PEPS clinic or the closest urgent care? Valley’s home page offers online wait times at Kent Urgent Care or Redmond. From your phone or computer, click on “WAIT TIMES” to find out which is best for you. To learn more about PEPS, visit valleymedicalgroups.com/peps or call 425.771.4908.

Learn more about the benefits of exercising in water.

Valley’s home page

Summary: Low-impact conditioning, strength training and flexibility exercises, allowing participants to improve their overall health and fitness. Participants will benefit from improved balance, joint function, and cardiovascular health. The PEPS/PEPS+ program (ages 21 and older) includes lessons in how to adjust and maintain exercises for those with arthritis or other chronic conditions. The Prenatal Water Fitness program (ages 16 – 21 years) focuses on prenatal and postnatal health, including building strength and flexibility. The Children’s Therapy Clinic to meet first time on February 15th.

FREE CLASSES & EVENTS

FREE SUPPORT GROUPS

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Description</th>
</tr>
</thead>
</table>
| Feb 15 | 6:30 – 7 PM | Kent | The Award-Winning Circle of Security™ Parenting Program: Week 3
| Feb 15 | 10 – 11:30 AM | Redmond | The Award-Winning Circle of Security™ Parenting Program: Week 4
| Feb 21 | 10 – 11:30 AM | Kent | The Award-Winning Circle of Security™ Parenting Program: Week 5
| Mar 1 | 10 – 11:30 AM | Redmond | The Award-Winning Circle of Security™ Parenting Program: Week 6

Learn more about the benefits of exercising in water.

Valley’s home page

Summary: Low-impact conditioning, strength training and flexibility exercises, allowing participants to improve their overall health and fitness. Participants will benefit from improved balance, joint function, and cardiovascular health. The PEPS/PEPS+ program (ages 21 and older) includes lessons in how to adjust and maintain exercises for those with arthritis or other chronic conditions. The Prenatal Water Fitness program (ages 16 – 21 years) focuses on prenatal and postnatal health, including building strength and flexibility. The Children’s Therapy Clinic to meet first time on February 15th.

FREE CLASSES & EVENTS

FREE SUPPORT GROUPS

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Description</th>
</tr>
</thead>
</table>
| Feb 15 | 6:30 – 7 PM | Kent | The Award-Winning Circle of Security™ Parenting Program: Week 3
| Feb 15 | 10 – 11:30 AM | Redmond | The Award-Winning Circle of Security™ Parenting Program: Week 4
| Feb 21 | 10 – 11:30 AM | Kent | The Award-Winning Circle of Security™ Parenting Program: Week 5
| Mar 1 | 10 – 11:30 AM | Redmond | The Award-Winning Circle of Security™ Parenting Program: Week 6

Learn more about the benefits of exercising in water.

Valley’s home page

Summary: Low-impact conditioning, strength training and flexibility exercises, allowing participants to improve their overall health and fitness. Participants will benefit from improved balance, joint function, and cardiovascular health. The PEPS/PEPS+ program (ages 21 and older) includes lessons in how to adjust and maintain exercises for those with arthritis or other chronic conditions. The Prenatal Water Fitness program (ages 16 – 21 years) focuses on prenatal and postnatal health, including building strength and flexibility. The Children’s Therapy Clinic to meet first time on February 15th.

FREE CLASSES & EVENTS

FREE SUPPORT GROUPS

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Description</th>
</tr>
</thead>
</table>
| Feb 15 | 6:30 – 7 PM | Kent | The Award-Winning Circle of Security™ Parenting Program: Week 3
| Feb 15 | 10 – 11:30 AM | Redmond | The Award-Winning Circle of Security™ Parenting Program: Week 4
| Feb 21 | 10 – 11:30 AM | Kent | The Award-Winning Circle of Security™ Parenting Program: Week 5
| Mar 1 | 10 – 11:30 AM | Redmond | The Award-Winning Circle of Security™ Parenting Program: Week 6

Learn more about the benefits of exercising in water.

Valley’s home page

Summary: Low-impact conditioning, strength training and flexibility exercises, allowing participants to improve their overall health and fitness. Participants will benefit from improved balance, joint function, and cardiovascular health. The PEPS/PEPS+ program (ages 21 and older) includes lessons in how to adjust and maintain exercises for those with arthritis or other chronic conditions. The Prenatal Water Fitness program (ages 16 – 21 years) focuses on prenatal and postnatal health, including building strength and flexibility. The Children’s Therapy Clinic to meet first time on February 15th.

FREE CLASSES & EVENTS

FREE SUPPORT GROUPS

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Description</th>
</tr>
</thead>
</table>
| Feb 15 | 6:30 – 7 PM | Kent | The Award-Winning Circle of Security™ Parenting Program: Week 3
| Feb 15 | 10 – 11:30 AM | Redmond | The Award-Winning Circle of Security™ Parenting Program: Week 4
| Feb 21 | 10 – 11:30 AM | Kent | The Award-Winning Circle of Security™ Parenting Program: Week 5
| Mar 1 | 10 – 11:30 AM | Redmond | The Award-Winning Circle of Security™ Parenting Program: Week 6

Learn more about the benefits of exercising in water.

Valley’s home page

Summary: Low-impact conditioning, strength training and flexibility exercises, allowing participants to improve their overall health and fitness. Participants will benefit from improved balance, joint function, and cardiovascular health. The PEPS/PEPS+ program (ages 21 and older) includes lessons in how to adjust and maintain exercises for those with arthritis or other chronic conditions. The Prenatal Water Fitness program (ages 16 – 21 years) focuses on prenatal and postnatal health, including building strength and flexibility. The Children’s Therapy Clinic to meet first time on February 15th.

FREE CLASSES & EVENTS

FREE SUPPORT GROUPS

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Description</th>
</tr>
</thead>
</table>
| Feb 15 | 6:30 – 7 PM | Kent | The Award-Winning Circle of Security™ Parenting Program: Week 3
| Feb 15 | 10 – 11:30 AM | Redmond | The Award-Winning Circle of Security™ Parenting Program: Week 4
| Feb 21 | 10 – 11:30 AM | Kent | The Award-Winning Circle of Security™ Parenting Program: Week 5
| Mar 1 | 10 – 11:30 AM | Redmond | The Award-Winning Circle of Security™ Parenting Program: Week 6

Learn more about the benefits of exercising in water.

Valley’s home page

Summary: Low-impact conditioning, strength training and flexibility exercises, allowing participants to improve their overall health and fitness. Participants will benefit from improved balance, joint function, and cardiovascular health. The PEPS/PEPS+ program (ages 21 and older) includes lessons in how to adjust and maintain exercises for those with arthritis or other chronic conditions. The Prenatal Water Fitness program (ages 16 – 21 years) focuses on prenatal and postnatal health, including building strength and flexibility. The Children’s Therapy Clinic to meet first time on February 15th.