

2016 SPEAKER SERIES

Kindering & Allegro Pediatrics Present:

We're pleased to announce the 2016 Allegro Pediatrics– Kindering Speaker Series. All of these talks are from **6:30 to 8:30 p.m., on the Wednesday evening** indicated at the Kindering location listed beside the date. Come as early as 6pm for mingling and light refreshments.

Please RSVP to Colleen Willis at Colleen.Willis@kindering.org or leave a message at 425.289.7527 so we can ensure space is available. Childcare is **not** available for the speaker series.

May 25, 2016 - location: **19801 North Creek Parkway #200 BOTHELL**

Feeding a Toddler: Parent Tested & Pediatrician Approved- Tips for frustrated parents

Dr. Richard Keeler, Allegro Pediatrics
What foods are appropriate for a toddler? Why won't my toddler eat? Should I purchase organic foods? Does my toddler need a vitamin or supplement? Figuring out what foods are right for a toddler can be confusing. Actually getting them to eat those foods can be even more problematic. In this talk, we will cover which foods are ideal for toddlers, how to get them to eat that food and how to keep them safe at the dinner table.

June 29, 2016 – location: **16120 NE 8th Street BELLEVUE**
Building Appropriate Self Esteem in you Child

Lois Ralph, MPH Kindering Parent Education Coordinator
Children with a healthy self esteem have a greater chance to develop into positive confident adults. This class, provided by Kindering's Parent Educator, is designed to support and strengthen parents in the area of developing self esteem and learning to accept their child for who they are.

WALK OF COURAGE KINDERING BOTHELL

Tuesday, May 3rd from 11:00 am-noon
Please RSVP to colleen.willis@kindering.org

You will witness our children's smiles, determination and bravery and learn from our families about their unexpected journey raising a child with special needs. You will also meet some of our professional staff and learn about Kindering Center's state-of-the-art early intervention programs and therapies.

You won't be asked to make any financial contribution; your time and your feedback are the gifts that we are seeking. Personal tours can also be arranged at your convenience by contacting Colleen at 425.289.7527.



ALL IN FOR AUTISM RUN/WALK

The **All In For Autism 10K & 5K Run/Walk** is a family event brought to you by the Bellevue Breakfast Rotary Club to raise funds in support of Kindering and some other great eastside projects. Please join the run on Sunday, April 24, 2016! You can learn more at <http://allinforautism.org>

CALENDAR 2016

APRIL 4-8
EI SPRING BREAK
EARLY INTERVENTION PROGRAMS
NO CLASSES OR THERAPIES
KIDSCLINIC OPEN

APRIL 9
FATHERS NETWORK
KINDERING BELLEVUE
9:30 a.m.-12:00 p.m.

APRIL 11, 25
MOTHERS' CIRCLE
KINDERING BOTHELL
7:00-8:30 PM

APRIL 24
ALL IN FOR AUTISM
RUN/WALK

APRIL 29
SIBSHOP
KINDERING BOTHELL
4:00-7:00 PM

APRIL 29
SIBSHOP
KINDERING BELLEVUE
4:00-7:00 PM

MAY 25
SPEAKER SERIES
KINDERING BOTHELL
Feeding a Toddler
6:00-8:30 PM

2016 SUMMER CAMP DIRECTORY

FOR CHILDREN WITH SPECIAL HEALTH CARE NEEDS

From the Center for Children with Special Needs

Spring is just around the corner and it's time to start thinking about summer camps. Some fill up fast! Our Summer Camp Directory (attached) is now updated for 2016 camps. The guide will be available on our website, www.cshcn.org shortly. Please share with other parents and professionals. Contact Maryam Jafari at Maryam.jafari@seattlechildrens.org or 206.987.3736 for any questions.

RESOURCE



Kindering Bellevue
16120 NE 8th Street
Bellevue, WA 98008

Kindering Bothell
19801 N Creek Pkwy, Ste. 200
Bothell, WA 98011

Main Telephone
425-747-4004
www.kindering.org

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WASHINGTON STATE FATHERS NETWORK

Dads with children who have special needs may be dealing with issues or have questions and other dads can be a great resource. Join this group of dads for a helpful conversation, a good cup of coffee and some light refreshments. Meetings are held at Kindering. Call Louis Mendoza, 425.653.4286, with any additional questions or requests for information.

FREE PROFESSIONAL PHOTOS

Taken of Dads and their Child (ren)- A Great Idea for Father's Day

What: Professional Photographer Carol Hook will be taking photos of dads and their children who have special needs (due to time constraints this is not an opportunity for a full family photo).

When: Sunday, May 15th from 9:00 to 1:00 – Reservations are required and 2 dads will be scheduled into each 15 minute slot.

Where: Photography by Carol Hook, 19501 144th Ave. NE, Building C, Suite 600 Woodinville, WA 98072 (directions and a confirmation will be sent to those with a reservation).

Reservations: Contact Louis Mendoza at 425.653.4286 or louis.mendoza@kinding.org to reserve your time or for more information.

- Photos can be fun or formal. Feel free to bring props or items that will help your child enjoy the experience.
- What you'll receive: All photos will be placed in a Dropbox and a link will be sent to all the dads. Dads can search the photos and download, print, etc. the ones you like.
- These photos are for your personal use and will not be used in any way by Kindering.

****This event is sponsored by the Washington State Fathers Network** A program of Kindering**

STEPPING STONES TODDLER PRESCHOOL

We are currently enrolling in our Stepping Stones Toddler Preschool program at our Bothell and Bellevue campus. We are enrolling children who are community preschoolers and currently receiving early intervention services as well! Please refer friends or enroll siblings, ages 22-33 months. For more information, please contact your Family Resources Coordinator, your current providers or the Early Learning Coordinator Lauri Stoll @ 425.747.4004 ext. 4953 or email Lauri.Stoll@kinding.org.



MOTHERS' CIRCLE?

We are a community of women raising children 0-6years with special needs – sharing emotional support, promoting advocacy, and creating solutions.

Who can join Mothers' Circle?

We welcome all mothers who have children with special needs ages 0-6 years to join us for lively conversation, good humor and emotional support in the company of other women who truly understand the unique struggles and celebrations of raising a child with special needs.

Where? When? How do I join?

Location: Kindering Bothell, 19801 North Creek Parkway, Suite 200, Bothell 98011

When: 2nd and 4th Monday of the month; 7:00-8:30pm

Contact Rosanne Carter at rosanne.carter@kinding.org or 425.984.2623 for more information.

BABY STEPS

Have you wished you could meet other parents of infants/toddlers with special needs? Have you wondered where you could take your baby to experience socialization, play, and also have adult contact? Would you like new play ideas and songs?

If you answered yes to any of the questions, then Baby Steps may be for you!

Baby Steps is a parent/infant class that focuses on connection, play, support, and building relationships. In this class, the joys and challenges of raising a child with special needs will be shared, celebrated, and supported. Baby Steps is the first of many beginnings.

If interested, contact your family resource coordinator for more information.

SIBSHOPS

If your child with special needs has a 6-11 year old typically developing brother or sister, Sibshops is a great opportunity for siblings to connect and share their experiences. Visit <https://kinding.org/services/familysupport/sibshops/> to learn more and register or email Sibshops@kinding.org



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KINDERING

Embracing children of diverse abilities and their families

UNEXPECTED JOURNEY: RAISING A CHILD WITH SPECIAL NEEDS

SPRING 2016

TUESDAYS, MAY 3RD, 10TH, 17TH, 24TH, AND 31ST

6:30PM-8:30PM

KINDERING BOTHELL

19801 N CREEK PARKWAY, SUITE 200 BOTHELL, 98011

Moms and dads often discover raising a child with special needs has significant challenges. It is natural for spouses to have different perspectives on family issues, as moms and dads contribute different strengths to their families. Unexpected Journey helps participants understand this situation and many others in a five-week structured discussion exploring the most important issues a family predictably experiences when having a child with special needs. In a safe, flexible, and fun environment, we will learn from our challenges and appreciate the joys of raising kids with special needs.

Each week we look at a topic identified by families and research as key in understanding and adjusting to the many challenges couples experience in raising a child with special needs. The overarching topic for the course is 'resilience.'

A sample of individual topics includes:

- *Becoming a parent of a child with special needs
- *Nurturing your couple relationship
- *What we learn from our family of origin about fathering, mothering, and disability
- *Coping with stress and grief and learning to heal
- *Myth busting about divorce, disability, and many other issues

Facilitators:

Rosanne Carter, Infant Mental Health Therapist, is a mother of two children and has been an Early-Intervention Family Therapist for 10 years. Rosanne currently facilitates Baby Steps, Mothers Circle, and provides family support at Kindering.

Louis Mendoza, Manager of the Washington State Fathers Network for Kindering, is a father of two adult daughters, worked for 10 years as a paraeducator for children with special needs in the Northshore School District and has coached for Special Olympics.

Meeting specifics:

Where: Kindering Bothell, 19801 North Creek Pkwy, Suite 200, Bothell, WA 98011

When: Next session dates: **Tuesdays, May 3, 10, 17, 24 and 31**

Time: 6:30-8:30pm

Cost: If your child is at Kindering and under 3 years old, Kindering covers costs. \$250 per couple if not at Kindering. (If cost is an issue please call for further info.)

Contact & Registration: Call: Rosanne Carter at **425.984.2623** or email: **rosanne.carter@kindering.org**

IECC PARENT SCHOLARSHIPS

Parent scholarships applications are now available for the Infant and Early Childhood Conference, May 4-6, 2016 in Tacoma. The **deadline** for application is **March 31, 2016**.

Families can apply on-line at www.ieccwa.org. For questions, please contact Debbie Jackson at 253-874-5445 or djackson@birthtothree.org.

FACEBOOK GROUP FOR DADS

A closed Facebook group has been created for dads whose children currently receive services from Kindering or who have received services in the past. The group is a place where dads can share information, resources and discuss issues of common interest. Dads can join the group by searching for Kindering Dads and clicking on the Join Group button.

Parents participating in Unexpected Journey have said:

"The most valuable... hours we have invested in our marriage."

"Very valuable class-wish we had taken it much sooner."

"I didn't really know how much I needed this class until I took it!"

"Life changing, and eye opening."

"This class brought me peace of mind."

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COMUNICACIÓN

Aquí hay 5 sugerencias para apoyar la comunicación de su hijo/a

1. Diga menos. Use frases cortas y simple cuando esté hablando con su hijo
2. Cambie la situación para promover la comunicación. Por ejemplo, cierre una jarra de galletas muy apretado, o dele algo inesperado como un zapato cuando está apuntando a una galletas.
3. Espere. Cuando su hijo/a quiere algo, dele tiempo para encontrar la palabra. A veces contar hasta 5 en su cabeza le puede ayudar a recordar a esperar cuando usted está empezando a usar esta técnica. . Esto le dará oportunidades a su hijo/a para ser más independiente.)
4. Que se divierta.

EQUIPMENT AND TOY

RECYCLE REQUEST

Equipment and toy RECYCLE request from the Physical and Occupational Therapy Staff
 ~ If you have any equipment such as usable orthotics with shoes, walkers, posture control walkers, seats/chairs and table or push toys, ride 'm toys and tricycles that your child has outgrown than please consider donating them to Kindering. We would love to foster other children's development through the continued use of your equipment. We can only accept them if they are in good working condition and easily cleaned (thus no cloth items please unless they can be washed). Also please consider any toys (pianos, pop up toys, stacking toys, etc).

~ Please look around and see if staff have left toys, equipment, and other items at your house and they may be labeled OT/PT or Kindering . We would love to get these items back.

Thank you for helping us expand our resources which provides us a " loan and lend equipment" service to other families. If you have any questions please contact at Bellevue elda.harada@kinding.org , 425.653.4280 or at Bothell katie.larson@kinding.org, 425.984.2614

WELCOME NEW EMPLOYEES



Hi! My name is **Sam** and I am a new speech language pathologist here at Kindering. I grew up in Seattle and completed my undergraduate work at the University of Washington in Speech & Hearing Sciences and Public Health, and my Master's degree in Speech

Language Pathology. I am looking forward to working with Kindering families! I support a big picture, holistic approach to treatment, and strive to tap into each child's strengths to make therapy fun and effective. In my spare time, I enjoy cooking, reading mysteries, and running in the rain!

Hello! My name is **Iliana Crow**. I am the new bilingual Family Resources Coordinator here at Kindering. I grew up in Bogota, Colombia where I received my Bachelor's degree in accounting and Master's in Auditing. I have been living in the USA for almost a decade and it was here in Seattle where I had the opportunity to work with kids in the Bellevue immersion program at Sunset Elementary School (Puesta del Sol) as a volunteer for a few years. Then I went to work as a Bilingual Instructional Assistant for the Head Start and other preschool programs in Briarwood Elementary School. I have been teaching Spanish to children and adults, and I also work as an interpreter for the Bellevue School District. In my spare time, I enjoy gardening, camping, sharing a good meal with my family and friends.



Hello! My name is **Hope McCarthy**, and I am so excited to be joining the Kindering team! I am a Washington native and grew up in Bellevue. I received my Bachelor's degree in Psychology from the University of Colorado at Boulder and my Master's in Special Education from the University of Washington. While at the University of Washington, I had the amazing opportunity to work in the Haring Center's D.A.T.A classroom specializing in ABA and early childhood special education for children on the Autism Spectrum. Before starting with Kindering I was supervising in-home ABA therapy as a Board Certified Behavior Analyst for a company based in Bellevue. With my free time I enjoy hiking, kayaking, and entertaining friends and family.

Hi! My name is **Ashley Richardson**, and I am very excited to join Kindering's fantastic team of Occupational Therapists. I grew up in Renton and received my Bachelors of Science degree in Kinesiology from Western Washington University. During this time and my undergraduate internship at Valley Medical Center's Children's Therapy I became passionate about working with children and their families. I received my Master of Occupational Therapy degree from Eastern Washington University. After graduating, I worked for two years in the south pierce area providing occupational therapy services to children ages birth-18 years. My professional interest areas include feeding, sensory processing, motor development and working with children with autism spectrum disorder. I feel so fortunate to be working in early intervention at such a great organization and to have the opportunity to meet so many wonderful families. In my free time I enjoy hiking, reading, yoga and spending time with my family and friends.



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