

Parent Resource Newsletter

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March / April 2014

Food Allergy Field Guide



Learning that you or your child has a food allergy, a life-altering and potentially life-threatening disease, can be overwhelming. Food Allergy Research & Education's (FARE) new resource, "Your Food Allergy Field Guide," can help. This comprehensive guide is designed

to help individuals and families who are new to food allergies have the information they need to stay safe, avoid reactions, shop smartly and live well with food allergies. [Download the free online version of the field guide.](#)



▶ LINK OF THE WEEK

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

▶ RESOURCES

FREE Seminars & Events

Maintaining the best health possible should be a priority. Give yourself a wellness advantage by keeping informed on health issues that matter most to you and your family.

Led by our expert physicians and healthcare specialists, presentations cover a wide range of topics, so keep checking our line-up for the events of most interest and importance to you.

[Sign up here](#) or call 425.656.INFO (4636)

CIRCLE OF SECURITY: RELATIONSHIP BUILDING FOR PARENT AND BABY

A FREE 8-week class beginning April 3, 6:30 – 7:30 PM

Medical Arts Center Auditorium, 4033 Talbot Road South, Renton



Learn more about this award-winning program designed to enhance close relationships between parents and children by learning how to be more perceptive to your baby's signals.

[Register here](#)

GLOW 5K RUN/WALK

Sunday, April 13, 9:20 AM

Renton Landing

Come on out and show your 12th Man and Woman spirit at the 2014 Seahawks 12K Run/GLOW 5K Run/Walk at The Landing—it's sure to provide a morning of fun for the whole family.



The GLOW 5K Run/Walk tours The Landing and surrounding Renton neighborhoods. A Half-Mile Kids Run will be completely contained within The Landing.

To get the event t-shirt, and support the fundraising effort for A Better Seattle, [register for the event](#) and get a special discount using the code: GLOW5. Or you can run/walk in the 5K for FREE by just showing up.

EAT SMART: THE MUST-KNOW ESSENTIALS OF GREAT NUTRITION

April 17, 6 – 7 PM

Medical Arts Center Auditorium, 4033 Talbot Road South, Renton



Join us for this FREE seminar and refresh yourself on the basics of good nutrition.

- Learn easy, no-measuring portion sizes
- The perfect plate: What should a meal look like?
- Making it doable: Developing a weekly meal plan
- The 5 key habits you can master
- Making smart choices: Grocery shopping tips & how to read a nutrition label

[Register here](#)

▶ DONOR CORNER

Donation Item Requests

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. Thank you so very much!

Thank You to Our Donors!

- The Border family for the training pants donation
- Tyler T. for the toy food donation



▶ 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*.

Kaleidoscope Play & Learn Groups

Kaleidoscope Play & Learn groups are organized play groups for young children and the people who take care of them—grandparents, aunts and uncles, brothers and sisters, parents and other family members and friends.



At Kaleidoscope Play & Learn, children and caregivers take part in play activities that support children's early learning. Groups meet weekly throughout King County in libraries, family centers, schools, community centers and other neighborhood locations. Most groups are free and many do not require registration. Groups are offered in a variety of languages.

Interested? [Get more information here.](#)

12TH BABY DIAPER DERBY

AND INFANT NUTRITION, FEEDING & SAFETY FAIR

Birth Center Neonatal ICU Pediatrics

Pitter Pitter

UW Medicine VALLEY MEDICAL CENTER

BABIES R'US



Be a World Champion Parent and Join Us on Saturday, March 29, Noon – 3 PM

Babies R'Us/Toys R'Us, SouthCenter

In addition to the Diaper Derby races, get expert advice from a team of Valley's childbirth experts, including obstetricians, nurses and breastfeeding consultants.

More than 120,000 babies received their remarkable start at Valley's Birth Center. Help us celebrate our own 12th man victory by participating in Valley's **Most Spirited 12th Baby Photo Contest**.

Starting now, enter your baby in the photo contest on **Facebook**. You can 1) post a photo on your page and tag it "Valley Medical Center"; 2) post a photo on [our wall](#) or 3) email a photo to marketing@valleymed.org.

Babies up to age two are eligible to enter. Winner will be announced Saturday, March 29 at this event. The prize is a sweet gift basket from Babies R'Us. We're in, are you?

Interested in more wellness activities for young families? [Join Pitter Pitter](#), Valley Medical Center's health and wellness club for new and expecting parents. It's FREE and will keep you posted on Valley's newest services and family events!

Outdoors for All



Outdoors for All is a nonprofit organization that provides year round instruction in outdoor recreation for people with physical, developmental and sensory disabilities.

Outdoors for All's year round programming includes snowboarding, snowshoeing, cross country and downhill skiing, cycling, hiking, river rafting, canoeing and kayaking, day camps, water skiing, rock-climbing, camping and custom events. Please [visit their website](#) for program and calendar information.

Mothers Circle

Mothers Circle is a group of women raising children 0-6 years with special needs—sharing emotional support, promoting advocacy and creating solutions.

Who: All mothers who have children with special needs ages 0-6 years are welcome to join

When: Meetings are 1st & 3rd WEDNESDAYS of every month, 6:30 – 8:30 PM

For location, more info, and to confirm your attendance, please [email Deb Weiner](#).

King County Library Classes & Programs

Does your child need homework help? Looking for story times or computer classes? KCLS has many FREE classes & programs for children and adults in a variety of areas.

Some of the classes/programs are:

- Talk Time** Adults can practice English conversation
- Study Zone** Free homework help for kids in grades K-12
- Story Times** For families, in English & Spanish

[View KCLS class and program offerings.](#)

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.