



PARENT TO PARENT OF LEWIS COUNTY

Parent to Parent of Lewis County
A Reliable Enterprises Program

Volume 17 Issue 3

May/June 2014

Summer Routines

As the song goes, school’s out for summer! Children across the country are putting another school year behind them and welcoming, with open arms, the long days of summer. But while summer might seem like the perfect time to put aside routines and schedules, [Mollie Grow, MD, MPH](#), a pediatrician at Seattle Children’s Hospital, says a little structure is critical for kids’ growth and development.

Summer schedule may sound like an oxymoron, but kids need direction and routine, says Grow. Some children can experience a loss of cognitive ability during summer break, [according to some studies](#). By encouraging mental stimulation throughout summer, parents can help children maintain math, reading and spelling skills. Research suggests a significant positive effect when children are enrolled in summer learning programs, compared to children who are not. Promote daily reading or [math problems](#), select educational television programs and games and plan educational “field trips” with the family, like nature walks or trips to museums.

A lack of routine can also have physical effects on children. “Some kids become more susceptible to weight gain during summer. More likely than not, these effects are due to changes in a child’s routine,” says Grow. “With less structure, children may snack more and become more sedentary, which can lead to weight gain.”

Many parents worry about over-scheduling their families, but Grow says there’s a risk to “under-scheduling” as well. “Kids tend to thrive and do best on routines. While it’s important to have breaks, fun and [unstructured play time](#), routines let kids have something to rely on,” says Grow. This can be particularly important during summer, when kids have more free time and less supervision.

Simple ways to keep structure during summer

Grow says simple things, like waking kids up at the same time every day, can help provide some structure during the carefree summer months. She offers six ideas parents can use this summer:

- Daily routines – regular wake up, eating and bed times – even if shifted later for the long days
 - Summer school
 - Summer competitions – summer reading programs at the local library or summer sports leagues
 - Camps – educational, sports or overnight
 - Scheduled family trips
- Volunteering in the community or finding a neighborhood job, for older children

Continue on page 6

In This Issue

Community Presentation	2
Learning With Infants	2
Make a Difference	3
Conference Calendar	4
Sensory Movie Event	5
Summer Routines	7
Kids Crafts	7
Kids Calendar	8

Educational resources, emotional and peer support to families of young children with disabilities.

Amber White, Parent To Parent

Co-Coordinator

360-219-5962

awhite@reliableenterprises.org

Parent to Parent and Birth to 3 Outreach

Angela Nailon, Parent to Parent

Co-Coordinator

360-269-4828—cell

anailon@reliableenterprises.org

We are on Facebook. Look for us and keep up to date on upcoming events and resources.



Family Events and Resources

Free Special Needs Presentation

May 14~Meja Handlen,

Developmental Disabilities and Chemical Dependency Coordinator

Topic: The diverse forms of developmental disabilities, legal and ethical factors when working in the DD arena, common philosophies of service to individuals with DD, and what local services and agencies are available for persons with developmental disabilities

June 11 ~Carolyn Price, LICSW

Topic: How can mental health first aid help someone with mental health issues.

New Room: New Science Center, room 121

Please call to sign up, we want to make sure we have enough room

Time: 6:30-8:30 PM Q&A at closing

The building is on the corner of Centralia College Blvd. and Washington

If a child receives special education services, the child would have an Individualized Education Program (IEP) to meet his or her specific individual needs and strengths. It is designed and written by the IEP team that includes parents as vital members. The IEP would include any modifications and/or accommodations necessary for the child. If the child does not require specially designed instruction but needs modifications and/or accommodations to succeed in the regular education classroom, a 504 plan would be written. With either a 504 plan or an IEP Pat will answer and clarify the rules and answer questions to give a clearer understanding of the processes.

****Stars credit available, please bring registry number. Community Members welcome and will receive a certificate!!!**

Special needs presentations are co-sponsored by Lewis County Parent to Parent, Family Support Network and Centralia College. If you have an idea or request for a presentation, please call Amber White 360-219-5962 or Centralia College at 736-9391, Joan x385, or Nancy x465

OUR MISSION

Parent to Parent offers emotional support and provides information about disabilities and community resources to parents who are just learning about or seeking new information on their child's disability, illness or special health care needs. The program utilizes veteran families of loved ones with disabilities or special health care needs called "Helping Parents" who understand the emotions behind the diagnosis.

ALWAYS ONLINE!

You don't want to miss the valuable resources in the Parent to Parent newsletter. You can access the current and past copies 24/7. We encourage you to make copies and pass them on. <http://reliableenterprises.org/parent-to-parent-newsletter/>

Child Health Notes are online!! There are great topics that can help your family. You may view past and current issues on our website. **NEW CHN Vision** <http://reliableenterprises.org/child-health-notes/>

SUBMISSIONS

We welcome your joys, success stories, challenges, questions, wisdom, recipes, comments, etc. Please email or send your submissions to us by the 10th of the month to the mailing or email address on the front page.

JOIN US!

To subscribe to our emailing list, email your name, telephone number and email address to: anaillon@reliableenterprises.org or call (360) 736-9558 ext. 107.

Learning With Infants and Toddlers
May & June 10:00 AM - 12:00 PM

Weekly on Wednesday

1208 N. Pearl, Centralia, WA 98531

Centralia College class at In-Tot! Come learn and play with your child!

Where: InTot

New Location: At Dells Daycare in Centralia (second house on the corner of Pearl and 6th Street)

1208 N Pearl St

Baby Bank at InTot

InTot has been gathering gently used infant and toddler clothes. The Baby Bank is now available to community members. For more information please contact InTot at 360-736-4359.



Parents: Here is Your Opportunity to Make a Difference!!!

<p>1st Wednesdays 9:00 Next one October 1, 2014 New Location: 203 W. Reynolds Ave Centralia</p>	<p><u>Lewis County Interagency Coordinating Council</u> This meeting is focused on services provided for families of children under the age of five years old. There are seats open for parents to attend, listen and participate in how to better serving families. Contact Rayna Austin at 360-736-4359.</p>
<p>4th Monday 4:00 156 Chehalis Avenue Chehalis</p>	<p><u>Lewis County Developmental Disabilities Advisory Board Meeting</u> Topics include what is happening at a state level, service providers reports and how to better serve clients in all communities. There are open seats to interested people. Open Invitation to all community members to visit. For more information contact Tara at 360-740-1284</p>
<p>Now meeting every other month, call for dates HWC 106 Centralia College</p>	<p><u>Lewis County Early Learning Coalition</u> The future of Lewis county is fueled by the success of its children. Current projects include Community Breakfast, Early Learning Calendar. Please join us! For more information contact Jeanette Spiegelberg 360-736-9391 Ext. 697</p>
<p>2nd Tuesdays 3:00 Centralia College</p>	<p><u>Healthy Families Coalition</u> - Helping kids and families learn healthy food choices. Current projects include community gardens, outreach fairs and monthly cooking classes. Please join us! For meeting place or more information call Kari Winsor at 360.269.2843</p>
<p>1st Thursdays 8:00 am 156 N.W. Chehalis Ave Chehalis</p>	<p><u>Lewis County Mental Health Coalition</u> Find out what the Mental Health Coalition is doing for Lewis County. A variety of topics are discussed during meetings and parents of children with mental health diagnosis are especially welcomed to join. Contact Carolyn Price, MSW at 740-1430 for more information.</p>
<p>3rd Saturday 1:30-3:30 pm Harrison Square 1227 Harrison</p>	<p><u>People First Chapter Meeting</u> The purpose/mission of People First of WA is 'to assist people of disability to realize and appreciate that we are PEOPLE FIRST and our disabilities are secondary and that we are equal citizens in our communities. NEW MEMBERS WELCOME. A great group for self-advocates interested in educating the community about disabilities.</p>
<p>Fourth Friday of Month 2nd Floor of the Health Department 7:30-9:30 am</p>	<p><u>Autism Coalition Meeting</u> Community members, doctors, and parents are getting together to discuss needs for our community. Trainings, classes, and road maps to help those affected and helping. Contact: April Kelly 360-740-1284</p>

Support Groups

Due to the decrease in attendance at support groups, we will be taking a break.

No support group meetings May and June.

For more information you can contact Amber White at 360-219-5962 or Angela Naillon 360-269-4828
or e-mail awhite@reliableenterprises.org



2014 Conference Calendar

May 2014

5/2: Washington State Transition Conference - Presented by W.I.S.E. in Vancouver 9:00am to 4:00pm. Contact Marsha Threlkeld by [e-mail](#) or call (206) 343-0881 with any questions.

5/7 - 9: The Infant and Early Childhood Conference (IECC) - Tacoma, WA. Save the date! Presenter application deadline is November 1st. For more information, click [here](#).

5/17: EFNW Spring Epilepsy Conference - Tri-Cities. For more information, call (503) 228-7651 or (206) 261-6893

June 2014

6/2: 21st Annual Caregiver's Conference - Tukwila. Space is limited so pre-registration is required. Brochures & registration forms will be mailed out in April. To receive a brochure or register, call (360) 725-2544 or 1-800-422-3263.

6/17 - 19: DDA/WiSe Community Summit - Wenatchee.

info on family support, person centered planning, community partnerships for change, transition, employment and housing.

More info to come from [WiSe](#). Parents of all age children welcome.

6/30 - 7/2: Supporting Children Affected by Parental Co-Occurring Disorders: Substance Abuse, Mental Illness, HIV - national symposium in Seattle presented by WA Department of Early Learning. Click [here](#) for more information.

August 2014

8/5 - 6: 6th Annual Starting Strong P-3 Institute - Kennewick. Registration begins in April. Click [here](#) for more info.

Lewis County Helping Parent Training

We need more helping parents.

I have always heard the saying it takes a village to raise a child. When a child has a disability, medical issues, a families life is a little more complicated. If you have gone through this or experienced helping others, you could be great for our Helping Parent Training. Do you want to give back or help? After attending this training, you could be matched with families going through similar experiences. It is rewarding and healing to help others. Please contact Amber White 360-219-5962 or email awhite@reliableenterprises.org. Angela Naillon 360-269-4828 or anaillon@reliableenterprises.org

This is a great opportunity to help others with the knowledge you have gained through your experiences.



Local Events at the Timberland Regional Library

- **Summer @ the Library** - A celebration filled with events, activities, prizes and books to keep kids and teen learning all summer long. For everyone: Infants, pre-readers, readers and families.
- [Story Times](http://www.trl.org/ProgramsResources/Pages/ProgramResource.aspx) - Bringing stories to life for babies, toddlers, preschoolers and families.
Source: <http://www.trl.org/ProgramsResources/Pages/ProgramResource.aspx>

Looking for ways to save money? Sign up with Amazon Local!!!

Subscribe today and save up to 50%. Check your Amazon inbox for deals of the day. Have a wonderful summer!!

<http://local.amazon.com/olympia/deal>



Special Sensory Friendly Family Movie Event



Lewis County Parent to Parent / Family Support Network is planning two movie events for families with special needs. The movie will be sensory friendly. The lights will not go all the way off and the sound will be turned down. The Midway



Theatre is going to do discounts on a **Popcorn and Soda combo for \$2.00.**



Date : Saturday May 17, 2014 **Movie** "Legend of OZ Dorothy's Return"



Saturday June 14, 2014 Movie "How to Train Your Dragon 2"



Where: Midway Cinema, 181 NE Hampe Way, Chehalis, WA 98531



Time: TBA



Price: \$6.00 per person



This is for the families to come and have a great time without having the stress of keeping children seated and quiet. Parents will still need to supervise their children to make sure no one runs out without being supervised. For all age's. Money will need to be paid to Amber White on the day of the schedule movie. Please bring cash and the exact amount for movie, popcorn and soda. **Combo will need to be paid separate.**



Questions call or Email: Amber White 360-219-5962 or awhite@reliableenterprises.org





Keep kids active and away from the TV

Parents can start by setting specific guidelines for their kids and creating an environment that promotes healthy habits, says Grow.

Start by setting expectations and realistic goals and boundaries. For instance, how much screen time is too much? When should your daughter wake up each morning? How much time should your son spend outside? These are important questions for parents to ask, says Grow. “Children need guidelines and expectations. If they don’t have them, they tend to become easily restless or complain of boredom,” says Grow.

As a baseline, Grow suggests limiting screen time to less than two hours each day and encouraging kids to get at least one hour of physical activity each day.

That’s why helping kids find a regular activity they enjoy, whether it’s summer camp, a weekly play date at the park, or helping a neighbor, is so important, says Grow. “If a child is in a stimulating environment, getting to play and be active, and do things that promote motor and cognitive skills, then even kids who tend to be more sedentary will be more likely to be engaged and active,” says Grow.

Remember, not all kids are the same. “If kids aren’t as self-motivated to be active during the summer, that’s when structure and planning can be most helpful. By default, if children are left to their own devices they will more likely choose the path of least resistance with sedentary activities like watching TV, playing video games or surfing the web,” says Grow. For parents who work outside the home, Grow encourages open dialogue with caregivers and regular check-ins throughout the summer. She says caregivers need to know what goals and expectations you have set for your child. Many parents work during summer, which can make maintaining a child’s summertime routine more difficult. Parents should start by having an open conversation with their child’s babysitter, child care center or family member about their child’s routine while under their supervision.

Way to promote physical activity in summer

Plan family outings together. Go on bike rides, hikes or plan a family party or barbecue. Or think big and plan a [camping trip](#). Parents should model healthy behavior and involve kids in making decisions about family activities, says Grow. For younger kids, parents can offer simple choices, such as, “Would you rather go to the playground or park? By giving a child an option, they feel more involved in the decision, making them more likely to enjoy the activity. Encourage kids to try new things, says Grow.

Promote self-regulatory skills. For kids, being outside and participating in activities builds self-regulatory skills. “For my daughter right now, she’s gaining confidence riding a bike and practicing on the monkey bars. When we go to the park she builds strength and confidence for doing these things.”

Spend time as a family. Family time can be wonderful for a child’s development, physically and mentally. “Kids can benefit from spending time with parents. Family time can improve a child’s cognitive development, vocabulary and understanding of the world,” says Grow. Enjoy the long days of summer and plan outings as a family. One of Grow’s favorite activities is family bike rides after dinner. Take advantage of places you can walk together, like the local park or library. Keeping up the bedtime routine of reading is also important.

Is your family on a budget? There are lots of low cost options for families who want to participate in summer activities, but are on a limited budget, says Grow. For suggestions, check out [Seattle Parks and Recreation](#) or the [YMCA](#). Remember to have fun this summer. Take a break, relax in the sun, but incorporate structure into a child’s summertime schedule.

Additional Resources:

[Water safety tips for kids](#)

[Camping safety tips for families](#)

[Doctors offer spring safety tips for parents and kids](#)

<http://pulse.seattlechildrens.org/summer-routines-help-keep-kids-thinking-and-moving-while-schools-out/>



Bring out the sunshine with your very own hands!

Supplies: Paper plate, Construction paper (orange and yellow in color), Pencil, Scissors, Markers or Paint, Glue, Your hands

Source: <http://www.easy-crafts-for-kids.com/free-summer-crafts.html>

Step 1: Color or paint the paper plate to the color you want your sun. Most of the time, unless you want to be creative, the sun will be yellow.

Once it is all painted, set it aside to dry.

Step 2: Take the orange and yellow construction paper and trace your hand print onto each paper 4 times.

These 8 hands will be your sun rays.

Step 3: Cut out all of your hand prints. If younger children have an adult or older sibling cut these out.

Step 4: Using markers or paint, decorate a face onto your sun. For our example, we gave our sun some cool shapes.

Step 5: Lay out your handprints in a circle, they will cover all the way around the sun face you created. Glue all the hand prints around the sun face. Alternate the yellow and orange hand prints.



What You Need:

- Plain wood box with lid (available at craft stores in lots of sizes)
- Bag of clean seashells (either from a craft store or a beach)
- Craft glue

Shell book to identify different shells (optional)

1 What You Do:

1. Start by pouring the shells onto a clean surface. Invite your kindergartener to sort them, and enjoy the process. She may sort by size, by type of shell, or by color. Any of these will work just fine; just talk about it as you go.
2. Keep a shell book handy. How many kinds of shells can you identify?
3. Now pull out a craft box and craft glue (if you have one, you might also want to use a hot glue gun, but be prepared, as an adult, to help extensively).
4. Invite your child to lay out a mosaic pattern with the shells. She'll need to pull from the "like" piles to create a pattern. When she's got her pattern all arranged, help her glue it down.

This activity helps your child practice key beginning science skills with a bonus: next time you find a new shell, you'll have a lovely place to put it, too! Source: http://www.education.com/activity/article/shell_craft_treasure_box_kinder/



A program of Reliable Enterprises

PO Box 870
Centralia, Washington 98531

Office: (360) 736-9558
Angela Cell: (360) 269-4828
Amber Cell: (360) 219-5962



JUMP!

Chehalis Thorbecke's
Monday's 11 - 12 and Thursdays 4-5 PM
At the Thorbecke's FitLife in Chehalis
For more information call Sue 748-3744

Early Support For Infants and Toddlers (ESIT)

Early intervention for families: Families play a critical role in early intervention. Early intervention services help eligible children ages birth to 3 develop and learn. Early intervention services support families to help their child's healthy development.

Watch the three-minute [ESIT Guiding Concepts video](#) that summarizes the foundational principals of early intervention.

For more information and resources visit their website:
<http://del.wa.gov/development/esit/families.aspx>



Lewis County Special Olympics

For more **Contact Barbara at 740-0955** or like them on Facebook: Lewis County Special Olympics. All of our contact information along with lots of pictures are there.



2014 Kids Calendar

May

- 07—Learning With Infants and Toddlers
- 11—Mother's Day
- 14—Free Community Education Class
- 14—Learning With Infants and Toddlers
- 17—Sensory Movie Event
- 21—Learning With Infants and Toddlers
- 26—Memorial Day
- 28—Learning With Infants and Toddlers



June

- 04—Learning With Infants and Toddlers
- 11—Free Community Education Class
- 11—Learning With Infants and Toddlers
- 14—Sensory Movie Event
- 15—Father's Day

SPARC strives to treat people with respect and dignity. They know the benefits of community awareness and the increased self-esteem a person experiences when involved in community service. This program will welcome ages 16 and older with special needs/ developmental disabilities to participate. Look at the calendar to see the fun activities like themed dances, bingo night, dine-outs, bowling and an out & about trip. <http://reliableenterprises.org/sparc/>

SPARC and People First Advisor

Paula Zamudio, Coordinator

360-736-9558 ext. 107

360-880-0672 — cell

pzamudio@reliableenterprises.org

Pope's Kids Place

Day Respite- Serving children up to 10 hours daily.

Short Stay Respite- Serving children up to 4 weeks.

Residential- Serving children up to 1 year.

Step Down- Serving children in need of transitional care after leaving the hospital before returning home.

Preschool and extended medical services available **For details and scholarship availability contact** Shannon Baumel, RN at (360) 736-9178 ext. 40 or www.sbaumel@popeskidsplace.org