



# PARENT TO PARENT OF LEWIS COUNTY

Parent to Parent of Lewis County  
A Reliable Enterprises Program

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## The Importance of Bonding

Bonding with your baby is probably one of the most pleasurable aspects of infant care. You can begin by cradling your baby and gently stroking him or her in different patterns. If you and your partner both hold and touch your infant frequently, your little one will soon come to know the difference between your touches. Each of you should also take the opportunity to be "skin to skin" with your newborn by holding him or her against your own skin when feeding or cradling.

Babies, especially [premature babies](#) and those with [medical problems](#), may respond to infant massage. Because babies aren't as strong as adults, you'll need to massage your baby gently. Before trying out infant massage, be sure to educate yourself on proper techniques by checking out the many books, videos, and websites on the subject. You can also contact your local hospital to find out if there are classes in infant massage in your area.

Adoptive parents may be concerned about bonding with their baby. Although it might happen sooner for some than others, adopted babies and their parents have the opportunity to bond just as well as biological parents and their children.

### Factors That May Affect Bonding

Bonding may be delayed for various reasons. Parents-to-be may form a picture of their baby having certain physical and emotional traits. When, at birth or after an adoption, you meet your baby, reality might make you adjust your mental picture. Because a baby's face is the primary tool of communication, it plays a critical role in bonding and attachment.

Hormones can also significantly affect bonding. While nursing a baby in the first hours of life can help with bonding, it also causes the outpouring of many different hormones in mothers. Sometimes mothers have difficulty bonding with their babies if their hormones are raging or they have [postpartum depression](#). Bonding can also be delayed if a mom's exhausted and in pain following a prolonged, difficult delivery.

If your baby spends some time in [intensive care](#), you may initially be put off by the amount and complexity of equipment. But bonding with your baby is still important. The hospital staff can help you hold and handle your baby through openings in the isolette (a special nursery bassinet) and will encourage you to spend time watching, touching, and talking with your baby. Soon, your baby will recognize you and respond to your voice and touch.

### The Ways Babies Bond

When you're a new parent, it often takes a while to understand your newborn's true capabilities and all the ways you can interact:

- Touch becomes an early language as babies respond to skin-to-skin contact. It's soothing for both you and your baby while promoting your baby's healthy [growth](#) and development.
- Eye-to-eye contact provides meaningful communication at close range.
- Babies can follow moving objects with their eyes.
- Your baby tries — early on — to imitate your facial expressions and gestures.

Babies prefer human voices and enjoy vocalizing in their first efforts at communication. Babies often enjoy just listening to your conversations, as well as your descriptions of their activities and Environments.

[#](http://kidshealth.org/parent/pregnancy_newborn/communicating/bonding.html)

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## Family Support Network of Lewis County

Information and resources about services and policy issues for people with developmental disabilities and those who support them.

### Paula Zamudio, Coordinator

360-736-9558 ext. 107

360-880-0672 — cell

[pzamudio@reliableenterprises.org](mailto:pzamudio@reliableenterprises.org)

### Parent to Parent and Birth to 3 Outreach

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

### Angela Naillon, Coordinator

360-736-9558 - office

360-269-4828 - cell

email: [anaillon@reliableenterprises.org](mailto:anaillon@reliableenterprises.org)



Family Events and Resources

# Special Needs Presentation

**There are no presentations in July and August. Save the dates Presentations coming up in the Fall!! We hope to see you there.**

**Date: September 14 —Synesthesia  
October 12— Food Allergies**

**The Families Forward Autism Conference**

**Presenter: Wendy Stone**

**When: Friday September 23, 2011**

**Time: 8:30 a.m. to 4:30 p.m.**

**At the Centralia Church of the Nazarene**

**Lunch Provided**

**Parent & Childcare stipends available**

**To Register:**

Registration/scholarships:

Jo @ Pope's Kids Place

230 Washington Way, Centralia 98531 (360) 736-9178 x 41

**Mark your Calendar  
and Save the Date!!**

**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.

[www.reliableenterprises.org/newsletters.html](http://www.reliableenterprises.org/newsletters.html)

Child Health Notes are online!! There are great topics that can help your family. Current topics are stuttering, and television time. You may view past and current issues on our website.

[www.reliableenterprises.org/ChildHealth.html](http://www.reliableenterprises.org/ChildHealth.html)

**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](mailto:anaillon@reliableenterprises.org) or call (360) 736-9558 ext. 107.

**Big News  
from Pope's Kids Place**

Pope's Kids Place has expanded their respite and day care services for children with special needs and medically fragile children to 18 years old.

**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 Shawana Estrada at

(360) 736-9147 [www.popeskidsplace.org](http://www.popeskidsplace.org)



Special Olympics For more information contact Barb Burnett @ 880-2955.

**Softball has started!!!**

They are now on Facebook!!

Lewis County Special Olympics



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

<p>1st Wednesdays 9:00                  ** Next one is September 7 2011                  DDD office</p>	<p><b>Lewis County Interagency Coordinating Council</b> 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 360-748-4359.</p>
<p>4th Monday 4:00                  *** Next one is September 26, 2011                  156 Chehalis Avenue                   Chehalis</p>	<p><b>Lewis County Developmental Disabilities Advisory Board Meeting</b>                  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 quarterly, call for dates                  HWC 106                  Centralia College</p>	<p><b>Lewis County Eye on Early Learning</b> The future of Lewis county is fueled by the success of its children. Current projects include Community Breakfast, Early Learning Calendar and CCAC events. Please join us! For more information contact Annie Cubberly at 360-786-8907.</p>
<p>2nd Tuesdays 3:00                   Centralia College</p>	<p><b>Healthy Families Coalition</b> - 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  <b>New Address</b>                  156 N.W. Chehalis Ave                  Chehalis</p>	<p><b>Lewis County Mental Health Coalition</b> 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 2:00-4:00 pm                  Harrison Square                  1227 Harrison</p>	<p><b>People First Chapter Meeting</b> 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'</p>

**WAabilities Blog**

**For Job Seekers with Disabilities, Glimmer Of Hope**

By [Shaun Heasley](#)

For the first time in three months, the unemployment rate for Americans with disabilities eased somewhat in April. The Department of Labor said Friday that unemployment fell to 14.5 percent for those with disabilities in April, down from 15.6 percent the previous month.

However, the change could be due at least in part to fewer people with special needs seeking work.

Meanwhile, the general population continued to fare significantly better than those with disabilities as the economy added 244,000 jobs. Unemployment for that group rested at 9 percent for the month.

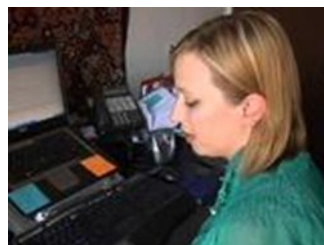
The Department of Labor began tracking employment among people with disabilities in October 2008. There is not yet enough data compiled to establish seasonal trends among this population, so statistics for this group are not seasonally adjusted.

Data on people with disabilities covers those over the age of 16 who do not live in institutions. The first employment report specific to this population was made available in February 2009. Now, reports are released monthly.

Videos

you can

watch online at



<http://wabilities.com/>



## 2011 Conference Calendar

### July 2011

7/9: Annual Asperger Picnic - FREE! 4:00pm to 8:00pm, Lower Woodland Park, Shelter 6. For more information e-mail [Helen@seattleaspergers](mailto:Helen@seattleaspergers).

7/11 - 15: Special Ed Boot Camp - Federal Way at WEA Headquarters offering parents and caregivers opportunities to learn about their due process rights, evaluation procedures, and IEPs. Limited number of parent scholarships available. For more information you can call [Shirley Jeffrey 253-765-7073](tel:253-765-7073) (or toll-free 800-622-3393, Ext. 7073) or [Mark Anderson](tel:253-765-7066) (or toll-free 800-622-3393, Ext. 7066). Here is the website

[http://www.washingtonea.org/index.php?option=com\\_content&view=article&id=2826:wea-special-education-boot-camps-now-open](http://www.washingtonea.org/index.php?option=com_content&view=article&id=2826:wea-special-education-boot-camps-now-open)

7/11 - 16: The 34th Conference of the Association on Higher Education and Disability - "Sustainable Access through Partnership" in Seattle. For more information <http://www.ahead.org/> or can call (704) 947-7779

7/11 - 14: Combined Summer Institute "Creating Possibilities...Building Futures" - Yakima.

Overall focus: "...providing appropriate and effective programming...through use of comprehensive assessment; research based instructional strategies, and evaluation at each developmental stage and transition." **Registration opens April 15<sup>th</sup>**. For more information visit the website

<http://www.ncesd.org/16731046133935970/blank/browse.asp?a=383&BMDRN=2000&BCOB=0&c=55119>

If you have any questions or need assistance, please call Jackie Messer at 509.665.2630 or email [jackiem@ncesd.org](mailto:jackiem@ncesd.org).

7/21: Autism 200 Lecture Series presents "Autism 207: ABA - From Discrete Trial to Pivotal Response Training"; Seattle Children's Hospital Autism Center, 7-8:30pm. Call (206) 987-8080 to register.

7/25 - 29: Special Ed Boot Camp - Lake Chelan at Campbell's Resort offering parents and caregivers opportunities to learn about their due process rights, evaluation procedures, and IEPs. Limited number of parent scholarships available. For more information you can call [Shirley Jeffrey 253-765-7073](tel:253-765-7073) (or toll-free 800-622-3393, Ext. 7073) or [Mark Anderson 253-765-7066](tel:253-765-7066) (or toll-free 800-622-3393, Ext. 7066).

### August 2011

8/1 - 2: Spectrum Training Systems, Inc Upcoming Washington Workshop: "The Inclusive Classroom and Learning Disabilities in Children" - Kennewick, WA. For more information <http://www.spectrumtrainingsystemsinc.com/> Or can call (920) 749-0332.

8/4 - 5: "Disobedient, Disruptive, Defiant, and Disturbed Students: Behavioral Interventions for Challenging Students", a presentation Portland, OR. For more information you can call (920) 749-0332 or visit the website [http://www.spectrumtrainingsystemsinc.com/portland\\_or.html](http://www.spectrumtrainingsystemsinc.com/portland_or.html)

8/15 - 19: Special Ed Boot Camp - Vancouver at The Vancouver Hilton offering parents and caregivers opportunities to learn about their due process rights, evaluation procedures, and IEPs. Limited number of parent scholarships available. For more information you can call [Shirley Jeffrey 253-765-7073](tel:253-765-7073) (or toll-free 800-622-3393, Ext. 7073) or [Mark Anderson 253-765-7066](tel:253-765-7066) (or toll-free 800-622-3393, Ext. 7066). Here is the website

[http://www.washingtonea.org/index.php?option=com\\_content&view=article&id=2826:wea-special-education-boot-camps-now-open](http://www.washingtonea.org/index.php?option=com_content&view=article&id=2826:wea-special-education-boot-camps-now-open)

8/18: Autism 200 Lecture Series presents "Autism 208: Peer Play - Facilitating Play dates and Peer Interactions"; Seattle Children's Hospital Autism Center, 7-8:30pm. Call (206) 987-8080 to register.

## **New Website Called DisAbility Rights Galaxy**

Disability Rights Washington recently unveiled a new informational website called DisAbility Rights Galaxy. The website will serve as a resource for the disability community. Not only will it provide information on a large number of topics, it will also provide an avenue for individuals to become content contributors to the site. For more about the new site, go to: [www.disabilityrightsgalaxy.com](http://www.disabilityrightsgalaxy.com)



## About Guild's

Every Guild is different. Some guilds engage in projects, collecting and donating needed items to the hospital. Some guilds raise several hundreds of dollars while others can raise millions of dollars each year. So what this can do for your family, the Seattle Children's Guild Association supports three things, uncompensated care, special interest guilds, and funding focus. To find out more about their guilds visit

<http://www.seattlechildrens.org/ways-to-help/guilds/>

In Lewis County we have a guild that helps in travel expenses. You can email [janet.christen@sterlingsavings.com](mailto:janet.christen@sterlingsavings.com) to find out more information.

## Resources That Might be Helpful for Your Special Child

At Mary Bridge Hospital and Seattle Children's Hospital they have Child Life Specialists that you can contact before your appointment or surgical procedure to help ease the stress.

### What is a Child Life Specialist?

A Child Life Specialist is unique to a children's hospital setting. The goal of Child Life Specialists is to minimize the stress and anxiety of children and families receiving medical care.

What child life specialists do:

- Help patients prepare for procedures or surgery through medical play
- Increase patient's understanding of their diagnosis, treatment and ongoing care
- Provide pre-operative tours
- Provide developmentally appropriate play opportunities
- Offer distractions and coping strategies for kids
- Help siblings understand their brother's/sister's illness, surgery or injury

Educate parent/caregiver on effects of their children's conditions related to their development

To reach a Child Life specialist at Mary Bridge, call **253-403-5315** or **800-552-1419 ext. 5315** or <http://www.multicare.org/marybridge/child-life-services>

To reach a Child Life specialist: at Seattle Children's Hospital call **206-987-3285** or <http://www.seattlechildrens.org/clinics-programs/child-life/contact>

Both Hospitals have a Counseling service. It is an internal referral from a provider.

**Mary Bridge** [www.multicare.org/marybridge](http://www.multicare.org/marybridge) or call 800-552-1419

**Seattle Children's Hospital** [www.seattlechildrens.org](http://www.seattlechildrens.org) or call 866-987-2000



## Finding Authentic Happiness

After a diagnosis of a medical fragile child, the family dynamics have changed. One appointment to the next, the endless appointments and added stress of medical bills. One parent in the family may need to quit their job to take care of a child. The parents may feel they lose themselves, and then the marriage is strained. No one plans for the unexpected, it can happen to anyone. A drive down the road, or a birth of a child, it can happen to anyone.

The concept of Positive Psychology is to find your true authentic happiness. It is a new term, and the meaning is to help people in their busy, stressful lives. I have done some of the exercises and the tests. I have found what my strengths are, and number on is gratitude, then fairness, humor and playfulness, kindness and generosity, and last capacity to love and be loved. My strengths are in the heart and focus on others, So what does this mean, the simple answer is that I should work a little more on myself, I care to much for others. I believe I am not alone in this, a great thing that happens when we become parents.

The website is free and it has many tests to get a better understanding of yourself. With these tests one can realize and understand about themselves. Weaknesses, strengths, and things you can do to improve yourself. When the family dynamic has changed so much, the family needs a secure foundation. The parents need to be understanding and be compassionate towards each other. Each parent gets lost, one is going to endless appointments, the other is working hard to pay the medical bills. Each person may feel unappreciated. During these hard times it is very important to talk . This website has great exercises one is grateful journaling, write down positive things through out the week. We all get caught in the negative, it is easy when your child goes through so much, testing and surgeries. I am loving to write down the funny things the kids say and do including our visits to the doctor's office. This will be a memory I have once they leave the house. It makes me feel good to focus on the positive aspects of life.

Check out the website, I hope you find the information helpful. I want to have this be a part of our Parent Support Meetings, so let me know what you think. <http://www.authentic happiness.sas.upenn.edu/Default.aspx> Here are some of the tests

### [Compassionate Love Scale](#)

Measures your tendency to support, help, and understand other people

### [Authentic Happiness Inventory Questionnaire](#)

Measures Overall Happiness

### [CES-D Questionnaire](#)

Measures Depression Symptoms

### [Fordyce Emotions Questionnaire](#)

Measures Current Happiness

### [General Happiness Questionnaire](#)

Assesses Enduring Happiness

### [PANAS Questionnaire](#)

Measures Positive and Negative Affect

### [Brief Strengths Test](#)

Measures 24 Character Strengths

### [Gratitude Questionnaire](#)

Measures Appreciation about the Past

### [Grit Survey](#)

Measures the Character Strength of Perseverance

### [Optimism Test](#)

Measures Optimism About the Future

### [Transgression Motivations Questionnaire](#)

Measures Forgiveness

### [VIA Survey of Character Strengths](#)

Measures 24 Character Strengths

### [Work-Life Questionnaire](#)

Measures Work-Life Satisfaction

**By: Angela Naillon**

### Family Traditions for the Holidays

This clever activity from reader Candice Steelman of Hughson, California, makes giving thanks as easy as 1, 2, 3 ... 4.

"It always bothered me that we spent so much time preparing for Christmas, while Thanksgiving just seemed to quietly slip by," says Candice. "So one year I cut large 4s from paper and placed one on each person's plate. Just before dinner, we wrote the things we were thankful for on our cutouts, then took turns sharing our lists. We've been creating our Thankful Fours off and on for 20 years now. This year we'll be introducing our grandchildren to the tradition!"

For a festive way to display your family's Thankful Fours throughout the holiday weekend, punch holes in each one, tie on a ribbon or string, and hang your creations from a light fixture, along a banister, or in a window.

Source: <http://familyfun.go.com/playtime/family-games/what-are-you-thankful-four-792378/>



The holiday's will be here before we know it. I thought this was a great idea for a family tradition. We don't want to forget the meaning of a holiday and the responsibility to teach our children the true meaning.

~ Angela Naillon

Spangled Sandwich Pops



#### Ingredients

- Mini ice-cream sandwiches
- Sprinkles or nonpareils
- Colorful cupcake liners

#### Instructions:

First, skewer mini ice-cream sandwiches on popsicle sticks.

Then, press the exposed filling into a plate of sprinkles or nonpareils.

To keep mess to a minimum, serve the pops in colorful cupcake liners.

Source: <http://familyfun.go.com/recipes/spangled-sandwich-pops-1015529/>

### Parent to Parent Annual Summer Picnic

August 18th 11:30–1:30

At the Chehalis Playground  
and Spray Park

401 SW Parkland Drive (by Chehalis Pool)

Please bring lunch for your family, we'll  
provide snacks and dessert! For more  
information call

Paula 880–0672 or

Angela 269–4828



A program of Reliable Enterprises

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Centralia, Washington 98531

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Cell: (360) 269-4828



The voice of parents  
is the voice of gods,  
for to their children  
they are heaven's  
lieutenants.  
~Shakespeare

## Parent Support Meetings

It's important to share experiences with other parents. All parents are welcome, but parents - Dads too - of young children with disabilities are urged to attend these supportive and informative meetings quarterly meetings on 3rd

Thursdays at 1:00 pm

**Come to the Summer Picnic on August 18th 11:30 to 1:30**

**Location:** 420 Centralia College Blvd.  
(the brick house on the corner of Rock and Centralia College Blvd)

Do you have a group that would benefit from these meetings? Is the above time or place inconvenient? We will be happy to schedule a meeting for groups of five or more parents at other venues in Lewis County. Please call today to discuss this opportunity.

**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

# 2011 Kids Calendar

## July

### Hemochromatosis Screening Awareness

4-Independence Day

4- 4th of July Summer fest parade

9-10 Toledo Cheese Days

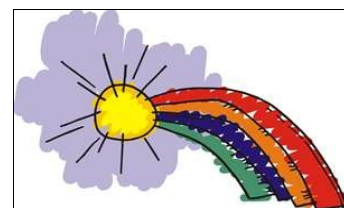
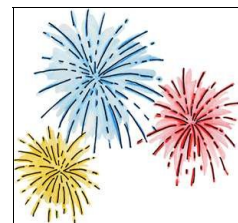
18- Parent to Parent Picnic

22- Music in the Park Chehalis

23- Steam Train Ride

29-August 6 Planes, Trains & Automobiles, in Chehalis

29- Music in the Park Chehalis



## August

### Spinal Muscular Atrophy Awareness Month

5-Music in the Park- Centralia

12-14 Loggers' Jubilee

12-Music in the Park-Centralia

16-21 Southwest Washington Fair

26-28 Chehalis Garlic Fest & Craft show

Don't wait for the



**MAIL!** Give us your e-mail address. It will also help us save money on postage.

Send us your e-mail address at [anaillon@reliableenterprises.org](mailto:anaillon@reliableenterprises.org)

## Summer Activities

**Read and Romp** July 23rd 12:00-4:00 at George Washington Park come for stories.

August 27th 1:00-3:00 storyteller/singer Nancy Stewart will be on the green at Centralia College for singing and activities.

**Steam Train Ride: July 23rd Free, at 10:00**

This ride is free for families and people with special needs/disabilities Join other families for this fun experience.!

RSVP Paula at 880-0672