

# Child Health Notes

Promoting early identification and partnerships between families, primary health care providers & the community.

Distributed by the Lewis County Interagency Coordinating Council (ICC) and Parent to Parent.

Contributors: UW Center on Human Development and Disability and Washington State Department of Health



*"When I think about Parent to Parent, I think it's like getting a helping hand when I most need it – to lift me up when I am falling down. For someone to walk by my side and let me know that it's okay to have a child with special needs, and that it's okay to feel what I feel – good and bad. Parent to Parent fills a hole in my life – I don't feel so alone."*

— Teresa, Yakima P2P

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Infant Toddler  
Early Intervention  
Program (ITEIP)



## PARENT TO PARENT (P2P)

### Support for Parents of a Child with Special Health Care Needs

All parents like to talk to other parents about their children. They enjoy sharing stories and learn from each other by hearing the experiences of other parents. Parents of children with special health needs have an even greater need for this kind of support as they deal with unique issues not commonly shared by all parents. Their own parents or close friends are often unable to provide first-hand guidance because of the special health care need. Parents of children with special needs may feel alone and isolated. They tell us it is helpful to learn how other families have managed similar situations. Their first choice for emotional support is other parents who have shared similar experiences.

As a primary health care provider, one of the best things you can do to support a child with special health care needs is to connect the family to other parents. Parent to Parent is a nationwide program offering this kind of emotional and informational support to families of children with special needs and/or disabilities. The **Washington State Parent to Parent\*** is a network of 29 community programs serving all 39 counties in the state. Activities include:

- Matching parents in **one-to-one** relationships with trained, experienced parents, based on similar diagnoses and family issues
- Providing personal support which is different than the support professionals can provide
- Follow-up by the county coordinator on each P2P referral and match
- Social and recreational family events
- Culturally-relevant services through ethnic outreach
- Training for parents who want to become Helping Parent volunteers

\* Funded in WA by the Arc of Washington State, the Department of Health Children with Special Health Care Needs, and the Office of the Superintendent of Public Instruction. County Programs also receive funding from the Division of Developmental Disabilities and locals grants and donations.

## Especially for Dads!

The newest edition of Washington State Fathers Network (WSFN) newsletter, Connections, is now on-line! This edition of Connections is Part II of a two-part series of "the best of..." that we started last spring. As we said in Part I, we thought it was time to share with you, once again, the vast amount of excellent stories and articles we have accumulated over the years. These stories have been written by anyone who has

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*Especially for Dads (con't from front page)*

had contact in the life of a child with special needs—Dads, moms, siblings, relatives, health care professionals, and educators. Also, to help put things into "WSFN historical perspective," we've included which past edition of Connections the article or pictures contained in this edition came from. We know that often movie sequels do not rise up to the level of the original. However, we believe that such is not the case with this Part II edition of, The Best of Connections. So, please sit back and enjoy this edition. It contains wonderful insights and perspectives on raising a child with a developmental disability. Please go to: <http://fathersnetwork.org/ DOWNLOAD S/Volume 13-1 Spring PDF 2009.pdf> for the latest edition of Connections -- Spring of 2009. Go to: <http://fathersnetwork.org/1011.html> for past editions of Connections. If you would like me to send you the PDF version of the newsletter directly to you, please let me know. We have gone "electric" with our WSFN newsletter to save the cost of printing and postage; however, if necessary, we will be glad to provide you with a "hard" copy. Enjoy!

The WSFN conference will be held Saturday, May 23, 2009 in Bellevue. Save the date so you can join other dedicated and cool dads! This year's conference takes place at the beautiful new Y.E.S. (Youth Eastside Services) center, located on the same campus as Kinderling, with free and abundant parking. One of last year's favorite sessions, "Open mic," will definitely be part of the agenda, as will sessions tailored just for dads on many critical issues. Several hallmark activities are slated for the day, such as the raucous and fun "Silent Auction," a delicious continental breakfast, "The Dads' Panel," a scrumptious lunch, and the greatest aspect of all-meeting and talking with other outstanding dads with children with special needs!

**Register now by contacting Greg Schell at: [greg.schell@kinderling.org](mailto:greg.schell@kinderling.org). WSFN looks forward to seeing you at this exciting event, just for dads!**

### **SPECIAL NEEDS INFORMATION AND RESOURCES:**

Infant Toddler Early Intervention Program	<a href="http://www1.dshs.wa.gov/iteip">www1.dshs.wa.gov/iteip</a>
Parent to Parent Support Programs of Washington	<a href="http://www.arcwa.org/parent_to_parent.htm">www.arcwa.org/parent_to_parent.htm</a>
Washington State Fathers Network	1-800-821-5927 <a href="mailto:statep2p@earthlink.net">statep2p@earthlink.net</a>
Washington State Medical Home Website	<a href="http://www.fathersnetwork.org">www.fathersnetwork.org</a>
WithinReach (formerly Healthy Mothers, Healthy Babies)	425-747-4004 ext. 4286 <a href="http://www.medicalhome.org">www.medicalhome.org</a> <a href="http://www.withinreachwa.org">www.withinreachwa.org</a>
	1-800-322-2588, 1-800-833-6388 (TTD)

### **LOCAL RESOURCES FOR DEVELOPMENTAL SCREENING AND ASSESSMENT:**

<b>For children under age three:</b> In any Lewis County School District In Centralia or Chehalis School District only	<b>Contact:</b> In-tot Developmental Center 748-4359 or 1-888-548-4359 Growing Together 748-2277 or Student Support 807-7245
<b>For children age three and older:</b> Within Centralia Chehalis School Districts Outside Centralia Chehalis School Districts	<b>Contact:</b> Local school district Lewis County Special Education Coop 748-3384 or local elementary school

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