

Child Health Notes

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



PARENT to PARENT

Distributed by the Lewis County Interagency Coordinating Council (ICC) and Parent to Parent. **Contributors:** Washington Department of Health and the University of Washington Children with Special Health Care Needs.

PARENT TO PARENT (P2P)

Support for Parents of a Child with Special Health Care Needs

"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. For me, Parent to Parent fills a hole in my life – I do not feel so alone."

Teresa, Volunteer Helping Parent from Yakima P2P Program

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 Washington State 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.



PARENT to PARENT

Office: (360) 736-9558

Cell: (360) 269-2269

email:

rbryan@reliableenterprises.

WHAT YOU CAN DO IN YOUR OFFICE:

- Birth to 3 children, call Roberta Bryan at 360-269-2269 to refer a parent to a Parent to Parent program in your area.
- Children three years old and older, call Paula Zamudio at 360-880-0672.
- Post information about Parent to Parent in your office. Call 269-2269 to obtain brochures on the local Parent to Parent program

COUNTY RESOURCES FOR DEVELOPMENTAL SCREENING AND ASSESSMENT

For children under age three:

Within Centralia Chehalis School Districts
Outside Centralia Chehalis School Districts

Contact:

Growing Together 748-2277 or Student Support 807-7245
In-tot Developmental Center 748-4359 or 1-888-548-4359

For children age three and older:

Within Centralia Chehalis School Districts
Outside Centralia Chehalis School Districts

Contact:

Local school district
Lewis County Special Education Coop 748-3384 or your local elementary school

SPECIAL NEEDS INFORMATION AND RESOURCES:

LOCAL:	Lewis County Parent to Parent Newsletter	www.reliableenterprise.org/newsletters.html
	Lewis County Interagency Coordinating Council (ICC)	rbryan@reliableenterprises.org Contact Rayna Austin at 360-748-4359
REGIONAL:	Infant Toddler Early Intervention Program	www1.dshs.wa.gov/iteip
	Parent to Parent Support Programs of Washington	www.arcwa.org/parent_to_parent.htm 1-800-821-5927 statep2p@earthlink.net
	Washington State Fathers Network	www.fathersnetwork.org 425-747-4004 ext. 4286
	Washington State Medical Home Website	www.medicalhome.org
	WithinReach (formerly Healthy Mothers, Healthy Babies)	www.withinreachwa.org 1-800-322-2588, 1-800-833-6388 (TTD)
NATIONAL/ INTERNET:	Parent to Parent of the United States	www.p2pusa.org
	Parent to Parent programs are also listed on the National Information Center for Children and Youth with Disabilities (NICHCY)	www.nichcy.org/stateshe/wa.htm 1-800-695-0285

Lewis County ICC meetings are held the first Wednesday of each month

9:00 a.m. - 10:30 a.m.

Department of Developmental Disabilities
1000 Kresky Ave.
Centralia

Lewis County Interagency Coordinating Council This meeting is focused on services provided for families of children birth to 5 with developmental delays. There are seats open for parents to attend, listen and participate in how to better serve families. Mileage reimbursement and FREE childcare is available when you call in advance. For more information contact Rayna Austin at 360-748-4359.

PARENT TO PARENT provides emotional support, information and resources to families and individuals with special needs and/or disabilities.