

## KINDERING'S SALUTE TO COURAGE LUNCHEON

**Thursday, October 17, 2013**  
**12:00 - 1:30 pm**

Hosted by: Iain Rooney  
 Presented by: Pediatric Associates  
 Featured Volunteer Partner: National Charity League, Lake Washington Chapter



*This inspirational event is a chance to gather with family, friends and the community to celebrate the courage of your child and all of the amazing children that walk through Kindering's doors every day!*

### WHY

Infants can't wait! The research is absolutely conclusive; birth to three is the most crucial phase of brain development - an irreplaceable opportunity to make a significant difference in a child's potential. Our Salute to Courage luncheon is a key fundraiser and we need your help. During the program you will be inspired by the stories that you hear, and you will come away with a better understanding of the programs and services that Kindering uses to change the lives of children in our local community.

**Register today, or for more information** on being a guest, table captain or an event sponsor, check out our [website](#).

### ***We are thrilled to announce Emily Perl Kingsley as our keynote speaker!***

*"But everyone you know is busy coming and going from Italy... and they're all bragging about what a wonderful time they had there. And for the rest of your life, you will say 'Yes, that's where I was supposed to go. That's what I had planned. But... if you spend your life mourning the fact that you didn't get to Italy, you may never be free to enjoy the very special, the very lovely things ... about Holland.'" - Emily Perl Kingsley, Welcome to Holland*

Emily Perl Kingsley is a 20-time Daytime Emmy award winning writer and proud mother of a son with Down syndrome. Kingsley has been writing for Sesame Street since 1970, and was instrumental in expanding the show's cast to include those with disabilities, including her son, Jason. Well known in the special needs community for her moving essay "Welcome to Holland," Kingsley will share her captivating stories and passion for bettering the lives of children with special needs.

## COMMUNITY PRESCHOOL OPENINGS

Stepping Stones Toddler Preschool! We are currently enrolling for openings in our Stepping Stones Toddler Preschool program. We have spots open for children who are currently enrolled in early intervention services as well as for community preschoolers! Please also refer friends or enroll siblings, ages 22-33 months. For more information, please contact your Family Resources Coordinator, your current providers or the Early Learning Coordinator Lauri Stoll @ 425.747.4004 ext. 4953 or email [Lauri.Stoll@kindering.org](mailto:Lauri.Stoll@kindering.org).



## CALENDAR 2013

### OCTOBER 5

WSFN STATE CONFERENCE  
 Microsoft Campus  
 8:30 a.m. - 4:30 p.m.

### OCTOBER 8

MAMAS & PAPAS  
 (Next door at Y.E.S.)  
 6:00 p.m.-7:30 p.m.

### OCTOBER 17

SALUTE TO COURAGE LUNCHEON  
 Weston in Bellevue  
 12:00 p.m. - 1:30 p.m.

### OCTOBER 19

FATHERS NETWORK  
 9:30 a.m.-12:00 p.m.

### OCTOBER 23

SPEAKER SERIES  
 "FEEDING A TODDLER"  
 6:30 p.m. - 8:30 p.m.  
 RSVP

### OCTOBER 28-29

STAFF DEVELOPMENT DAY  
 No classes or Therapies



## MOTHERS CIRCLE

### What is Mothers Circle?

We are a community of women raising children 0-6yrs with special needs – sharing emotional support, promoting advocacy, and creating solutions.

### Who can join Mothers Circle?

We welcome all mothers who have children with special needs ages 0-6 years to join us for lively conversation, good humor and emotional support in the company of other women who truly understand the unique struggles and celebrations of raising a child with special needs.

### When? Where? How do I join?

#### MEETINGS:

1<sup>st</sup> and 3<sup>rd</sup> WEDNESDAY of every month, 6:30- 8:30pm.  
Confirmation of your attendance is needed (via email or phone).

#### LOCATION:

KINDERING, 16120 NE 8<sup>TH</sup> Street, Bellevue, WA, 98008

#### FACILITATOR:

Deb Weiner, Early Intervention Family Therapist, LICSW,  
425.653.4306, deb.weiner@kinding.org

#### MORE INFORMATION:

Please contact the facilitator if you are interested in attending the group or would like more information.



## SIBSHOPS

### WHAT ARE SIBSHOPS?

Sibshops are fun, action-packed workshops in which siblings of children with special needs are encouraged to share challenges and celebrate joys with brothers and sisters in similar situations. It's a celebration of the many contributions of brothers and sisters of siblings with special needs.

### WHAT HAPPENS AT SIBSHOPS?

Fun times and connecting with others happens! Each Sibshops mixes information and discussion activities with new games and art.

### WHEN & WHERE ARE SIBSHOPS HELD?

Day & Time: Every 2<sup>nd</sup> Friday of the month, 4PM-7PM  
Location: Kindering

### WHO CAN ATTEND?

Typically developing 6-11 year old siblings!  
Groups will be divided in 2 groups; 6-8y and 9-11y.

### WHO FACILITATES SIBSHOPS?

Wendy Olsen, Special Educator, 6-8y group  
[wendy.olsen@kinding.org](mailto:wendy.olsen@kinding.org)  
425.653.4316

Sharissa Aromi, Special Educator, 9-11y group  
[sharissa.aromi@kinding.org](mailto:sharissa.aromi@kinding.org)  
425.747.4004 x5439

### HOW DO I GET INFORMATION FOR MY FAMILY?

Contact Olga Lopez for a copy of the registration form.  
Phone: 425.747.4004 (please leave a message for Olga Lopez)  
E-mail: [olga.lopez@kinding.org](mailto:olga.lopez@kinding.org)



## KINDERING and PEDIATRIC ASSOCIATES: FALL SPEAKER SERIES WORKSHOP

Please join Kindering families, staff, and others from the community for the fall speaker series events with Pediatric Associates.

Speaker series events will be held from **6:30 p.m. to 8:30 p.m.** at Kindering. Due to limited seating, pre-registration is required. Please RSVP to Alison Morton at 425.653.4331 or [Alison.morton@kinding.org](mailto:Alison.morton@kinding.org).

**Wednesday, October 23<sup>rd</sup>, “Feeding a Toddler: Parent-Tested and Pediatrician-Approved Tips for Frustrated Parents”**, presented by Dr. Richard Keeler, Pediatric Associates.

What foods are appropriate for a toddler? Why won't my toddler eat? Should I purchase organic foods? In this talk, we will cover which foods are ideal for toddlers, how to get them to eat that food and how to keep them safe at the dinner table.

## SNACK FOOD DONATION REQUEST

Can you help us provide snack foods to offer children who attend our classes? Your contributions off-set our expenses and allow us to use our budget to purchase items such as toys and art materials for our classrooms.

- \*Unsweetened applesauce
  - \*Raisins
  - \*Potato sticks
  - \*Pretzels
  - \*Fritos
  - \*Canned pears
  - \*Canned pineapple tidbits
  - \*Canned peaches
  - \*Canned baby corn
  - \*Canned soups (vegetable, tomato, alphabet soup)
  - \*GFCF cookies and crackers
- We appreciate it!

## Unexpected Journey :

**Raising a Child with Special Needs -Fall 2013**  
**Thursdays, October 17, 24; Wednesday, October 30;**  
**Thursdays, November 7, 14**

Moms and dads often discover raising a child with special needs has significant challenges. It is natural for spouses to have different perspectives on family issues, as moms and dads contribute different strengths to their families. Unexpected Journey helps participants understand this situation and many others in a five week structured discussion exploring the most important issues a family predictably experiences when having a child with special needs. In a safe, flexible, and fun environment, we will learn from our challenges and appreciate the joys of raising kids with special needs.

Each week we look at a topic identified by families and research as key in understanding and adjusting to the many challenges couples experience in raising a child with special needs. The overarching topic for the course is **'resilience.'** A sample of individual topics includes:

- \*Becoming a parent of a child with special needs
- \*Nurturing your couple relationship
- \*What we learn from our family of origin about fathering, mothering, and disability
- \*Coping with stress and grief and learning to heal
- \*Myth busting about divorce, disability, and many other issues

### Facilitators:

Greg Schell, MEd, is the parent of a daughter with special needs and has been a teacher, principal, and parent educator for over 30 years. Greg is Director of Washington State Fathers Network, a proud program of Kindering.

Kim Gerdes, is mother of two children, including special needs, and has been a social worker for more than 15 years. Kim is currently Director of Community Programs at Kindering for Early Learning and Family Support Programs.

### Meeting specifics:

**Where:** Kindering

**When:** Next session dates:

**Thursdays, October 17, 24;**  
**Wednesday, October 30 (miss**  
**having a class on Halloween this way);**  
**& Thursdays, November 7, 14,**

**Time:** 6:30-8:30pm

**Cost:** If your child is at Kindering and under 3 years old, Part C federal funds covers costs.

\$250 per couple if not at Kindering. (If cost is an issue please call for further info.)

**Contact & Registration:** Greg Schell at 425.653.4286,  
[greg.schell@kindering.org](mailto:greg.schell@kindering.org)



## WSFN CONFERENCE

October 5, 2013  
 8:30AM-4:00PM  
 "Commons/Mixer" building, Queen  
 Anne Room/2015  
 Microsoft Campus, Redmond

We invite you to the WSFN State Conference on Saturday, October 5, 2013, which promises to be an exceptionally interesting one!

Connecting with dads is a highlight of the event.

Learn from outstanding experts. Have meaningful

conversations with dads that really 'get it.' Share some humor.

Listen to insights unheard anywhere else.

And walk away at the end of the day feeling more confident, more grounded, most likely inspired, and very proud you are a dad!

The WSFN State

Conference is the only conference in the world focused

totally on dads having children with special needs! We have been partnering and working with dads for 35 years and the conference provides a wonderful time each year to celebrate dads.

If you would like further information we would enjoy hearing from you! We look forward to seeing you. Oh, bring along a friend and make their day an outstanding one! See you soon!

Sincerely,  
 Greg Schell, Director

### PARENTS PARTICIPATING IN UNEXPECTED JOURNEY HAVE SAID:

*"The most valuable... hours we have invested in our marriage."*

*"Very valuable class-wish we had taken it much sooner."*

*"I didn't really know how much I needed this class until I took it!"*

*"Life changing, and eye opening."*

*"This class brought me peace of mind."*





## WA STATE FATHERS NETWORK

Dads are invited to join other great dads for a good cup of coffee and valuable discussion. Issues may be complicated for dads having children with special health care needs and/or disability. Dads are great resources for other dads! Meetings are held at Kindering. Call Greg Schell, 425.653.4286, with any additional questions or requests for information.



## NUTRITION EVALUATIONS

**Did you know that Kindering has Nutrition Evaluations for children enrolled in Early Intervention?**

**Contact your Family Resources Coordinator to schedule an appointment if you have nutrition concerns.**

Kindering has a team of feeding specialists that includes therapists and a Registered Dietitian. Contact your child's FRC if you'd like to learn more or schedule an evaluation:

**If you have concerns about what your child eats**

- how much
- how often
- quality and variety

**If you have concerns about your child's growth**

- weight gain – too fast or too slow

If you have general questions about nutrition Kindering's Registered Dietitian can provide information about your child's nutritional status. If issues are identified, she will work with you to develop a plan that makes sense for you and your family.



## UW RESEARCH STUDY PARTICIPANTS NEEDED

The University of Washington is looking for children under the age of 3 years who are on a regular diet to be controls subjects in a current research study that is examining gut bacteria profiles of individuals with phenylketonuria (PKU). The study findings may help clinicians treating individuals with PKU to develop new dietary recommendations. The study will involve collection of one fecal (stool) sample, completion of a 3-day diet record and completion of a general health questionnaire. If you are interested in having your child participate or have questions about this study please call or e-mail the study's dietitian, Beth Ogata at 206.598.1899 or [bogata@u.washington.edu](mailto:bogata@u.washington.edu).

## SABÍA QUE...

Empezamos el otoño con un cambio de color de hojas muy bonito, empieza a anochecer más temprano, el clima es más frío y también tenemos la fiesta de Halloween. Esta celebración es favorita de muchos niños por que pueden salir con sus amiguitos, usar disfraz y comer dulces. Estos son algunos tips para estas fechas:

1. Salgan siempre en grupos y caminen por calles bien iluminadas
2. Vista a sus hijos con disfraces comodys y calientitos
3. Lleve una linterna para ser visible en la oscuridad
4. No deje salir a los niños solos, siempre con supervisión de un adulto
5. Inspeccione todos los dulces que los niños junten antes de comerlos

Recuerde planear y organizar su día de Halloween. ¡Feliz Otoño!

Alicia Martínez, MSW, LICSW, IMH-E® (II)  
Terapeuta Familiar en Intervención Temprana  
425.653.4322

## CLASES PARA PADRES EN ESPAÑOL

Este programa de cinco semanas donde hablaremos de:

- Depresión y Ansiedad
- Control de la Ira/Enojo
- Autoestima y cuidado
- Y otros temas de interés

Comenzamos el 11 de octubre de 10am a 12pm

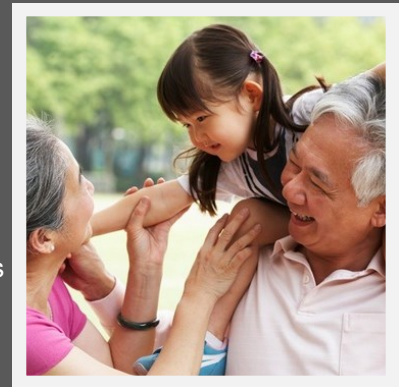
No tendremos cuidado de niños. Niños menores de 1 año son bienvenidos.

Para mayor información e inscripción hable con Alicia Martínez al 425.653.4322

## MAMAS & PAPAS

WHAT IS THE MAMAS & PAPAS SUPPORT GROUP?

The Mamas & Papas is a support group for relatives who are raising their grandchildren, nieces, nephews, cousins, etc. These caregivers are often called "kinship" caregivers. Our group has existed since the spring of 2005 and we meet once per month in the evening on the second Tuesday of the month. We have a partnership with Y.E.S. (Youth Eastside Services)—the building behind Kindering. We meet in their building and they provide a concurrent support group for the school-age children of the support group members. Any kinship caregiver is welcome to attend a Mamas & Papas meeting. Please contact Mara Calhoun at 425.289.7522, if you are interested in learning more.



## WELCOME NEW STAFF MEMBERS

Hi! My name is **MOLLY SCHABER**, and I am a new physical therapist at Kindering. I grew up in Wisconsin but moved to Denver, CO to complete my Doctorate in Physical Therapy at Regis University. I am excited to have ended up in beautiful Seattle and begin my career at Kindering serving children and their families. In my free time I enjoy hiking, reading, practicing yoga, traveling, and exploring the Pacific Northwest with my husband and 2-year-old son. I look forward to meeting everyone!



Hello! My name is **CHRISTIE TIRADO**, and I am a new Bilingual Assistant Educator here at Kindering! I recently graduated from the University of Washington with my Bachelor of Arts in Printmaking and Art History. I became interested working with kids shortly after leading a summer arts and crafts camp, at ceramic shop called Paint The Town. Outside of work I love to spend time on my personal art which includes screen printing, and wood block printing. Other activities that I enjoy are fishing, hiking, canoeing, traveling, visiting local art galleries, and spending time with my friends and family. I'm looking forward in getting to know all of you this year!



Hi my name is **CINDY ROWLEY**. I am a speech/feeding therapist. I graduated from Biola University and the UW. I have worked at Kindering, Children's Therapy Center in Kent, Little Red School House, and Sherwood ExCEL. I have been married for thirty-three years to John and have three sons-Justin is 26, and identical twins Jordan and Jared are 24. I have 1 dog ; Sark-named after the UW football coach, 3 cats, and 7 fish. In my spare time I help my twins with their business, watch my kids play sports, and watch UW sports-this is our 30<sup>th</sup> year of having UW football tickets. I am so happy to be back at Kindering!!



Hello all! My name is **CHRISTINA WIKSTROM**, and I'm very excited to join Kindering's fantastic team of Occupational Therapists. I am a native Seattleite and received my Master of Occupational Therapy degree from the University of Washington in 2012. Part of my clinical training included working at Rosemary White's Pediatric PT and OT Services where I learned much about the DIR Framework. I have experience working in a variety of environments with children with developmental delay, cerebral palsy, sensory processing disorder, and autism spectrum disorders. I thoroughly enjoy working with children with special health care needs and their families! When not treating and playing with kiddos I enjoy spending time with friends and family, playing soccer and basketball, hiking, cooking, drinking hot chocolate, and reading children's novels. I'm also an enthusiastic Seattleite – this means I LOVE Seattle. My favorite activities include farmers' markets and exploring amazing restaurants. Joining Kindering has been a wonderful opportunity to collaborate with innovative, nurturing, and family-centered therapists and educators. I look forward to continue getting to know the Kindering community.



Hi! My name is **ANDY MICALAT** and it is my first year at Kindering! I'm so excited to be here! I graduated from the University of Washington with a master's in Early Childhood Special Education and though I am new to Kindering, I have been working in early education/intervention for the past 6 years as a National Board Certified (special education) Teacher. I worked previously in the Bellevue School District as an integrated preschool teacher for 5 years, teaching both kids with and without disabilities and I spent my last year in the district working as a kindergarten teacher providing inclusion support for kiddos with Autism Spectrum Disorder. When I'm not teaching, I like eating, trying to cook, drinking coffee, watching movies, snowboarding/skiing and hiking.

