JOIN US FOR PAINT NITE

You'll go from a blank canvas to a masterpiece of your own, with plenty of laughs along the way. Guided by a talented and entertaining artist, you'll be amazed at what you create, and how much fun you'll have doing it. Join us to enjoy a night of creative painting, tasty snacks, and good company – all in support of Kindering. What a way to kick off Mother's Day weekend!

To register:

Thursday, May 9th
6:30-8:30pm
SUITE Restaurant & Lounge in the Bellevue Hyatt
10500 NE 8th St

SPEAKER SERIES

Wednesday, May 15th – Location: Verdant Health Commission 4710 196th St SW LYNWOOD
Sensory Processing Workshop
Alex Neukirch, Kindering Occupational Therapist

Do you have a child who struggles to stay focused in crowded environments, stay calm in unexpected situations or transitioning at home or school? Join this evening to hear from a professional Occupational Therapist who will provide a variety of information and strategies to try with children having Sensory Processing challenges. During the evening you will also meet other parents who are facing similar behavior concerns. There will be ample time for questions. You are sure to come away with new ideas and a fresh perspective.

Wednesday, May 29th – Location: 16120 NE 8th Street BELLEVUE
Feeding a Toddler: Parent Tested & Pediatrician Approved - Tips for frustrated parents
Dr. Richard Keeler, Allegro Pediatrics

What foods are appropriate for a toddler? Why won’t my toddler eat? Should I purchase organic foods? Does my toddler need a vitamin or supplement? Figuring out what foods are right for a toddler can be confusing. Actually getting them to eat those foods can be even more problematic. 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.

Come as early as 6pm for mingling and light refreshments. The presentation is 6:30-8:30pm. NO COST but please RSVP to Colleen Willis at Colleen.Willis@kindering.org or leave a message at 425.289.7527 so we can ensure space is available. Childcare is not available for these speaker series.
NOVEMBER NEWS
FOR THE PARENTS OF KINDERING CHILDREN

BABY STEPS
CLASS IN RENTON NOW ENROLLING!

What is it?
Baby Steps is a parent-child playgroup for infants with special needs and their families designed to provide parents with information and support; access to Kindering staff and resources; and a chance to get to know other parents and children in a similar situation. A highly qualified special educator provides parents with coaching around how to support effective play, target new skills, and have positive responsive parent-infant interactions.

Who can join?
Baby Steps is for caregivers and their babies from birth through approximately 16-18 months of age who are eligible for Early Intervention services. Family members including parents, foster parents, grandparents, aunts/uncles, and/or siblings are welcome.

When?
Classes meet once a week for 1 hour on Wednesdays at noon.

How do I register?
Please contact your Family Resources Coordinator or your child’s therapist to discuss enrollment as space is limited and subject to availability.

FATHERS NETWORK

Join the Fathers Network mailing list to get monthly information about articles, workshops, conferences, classes, and events. This is information about the community in general, not just about the Fathers Network. And, anyone, not just dads, is welcome to be on the mailing list.

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 that brothers and sisters of children with special needs make to their families and communities.

WHAT HAPPENS AT SIBSHOPS?
Based on the Children’s Hospital program model designed by Don Meyer, each Sibshop mixes information and discussion activities with new games, active play, and art projects! Dinner and dessert will also be provided.

WHEN & WHERE ARE SIBSHOPS?
Kindering is pleased to offer Sibshops at the Bothell, Bellevue, and Renton locations. Sibshops will be hosted at the following locations/times:

**Bellevue** – 16120 NE 8th St, (behind Bellevue fire station 3)  
October–June – Third Friday of each month from 4:30 p.m. – 7:30 p.m.

**Renton** – Meadow Crest Early Learning Center  
1800 Index Ave NE  
October–June – Second Thursday of each month from 4:30 p.m. – 7:30 p.m.

**Bothell** – coming soon!

WHO CAN ATTEND?
Typically developing 1st-6th graders. Groups may be split by age/grade for some activities.

HOW MUCH DOES IT COST?
$30 per session, per child. This includes dinner. Scholarship funds may be available upon request. Learn more and register online at [www.kindering.org/sibshops](http://www.kindering.org/sibshops), or contact Kindering Sibshops facilitators at sibshops@kindering.org.

OPEN ENROLLMENT: STEPPING STONES TODDLER PRESCHOOL
We are currently enrolling children ages 22-33 months in our Stepping Stones Toddler Preschool program at our locations in Renton, Bothell, and Bellevue. We embrace learning through play with a themed curriculum and high teacher-student ratios. Children of diverse abilities are welcome, and we have lots of room for community preschoolers in this integrated program. Our spaces for those receiving early intervention services are limited, and your child may need to be added to the waitlist. For more information, please contact your Family Resources Coordinator, your current providers or Lauri Stoll, our Early Learning Coordinator, at 425-747-4004 ext. 4332 or by email at Lauri.Stoll@kindering.org.

MAY FAMILY NEWSLETTER

OPEN ENROLLMENT: STEPPING STONES TODDLER PRESCHOOL
We are currently enrolling children ages 22-33 months in our Stepping Stones Toddler Preschool program at our locations in Renton, Bothell, and Bellevue. We embrace learning through play with a themed curriculum and high teacher-student ratios. Children of diverse abilities are welcome, and we have lots of room for community preschoolers in this integrated program. Our spaces for those receiving early intervention services are limited, and your child may need to be added to the waitlist. For more information, please contact your Family Resources Coordinator, your current providers or Lauri Stoll, our Early Learning Coordinator, at 425-747-4004 ext. 4332 or by email at Lauri.Stoll@kindering.org.

FATHERS NETWORK

Join the Fathers Network mailing list to get monthly information about articles, workshops, conferences, classes and events. This is information about the community in general, not just about the Fathers Network. And, anyone, not just dads, is welcome to be on the mailing list.

"Kindering embraces children of diverse abilities and their families by providing the finest education and therapies to nurture hope, courage, and the skills to soar."
FREE PARENTING CLASS
Kindering is pleased to offer a free parenting class in Bothell beginning on Monday, May 6th. The class is aimed at parents of typically developing children from 2 through 12. The class meets each Monday from 6pm-8pm for ten weeks. Unfortunately, we cannot provide childcare.

To register or for more information, please contact Lois Ralph, Parent Education Coordinator at lois.ralph@kindering.org or 425.653.4302.

WELCOME NEW STAFF

Hi! My name is Fabiola Quiroa, and I am a new home visitor here at Kindering. I grew up in Guatemala City and did my undergraduate work in Chemical Engineering at Washington State University. While studying for a Master’s in Pharmaceutical Engineering, I decided to follow my passion to work with children and change career paths. I worked as a nanny for several years and have volunteered for different non-profits in Seattle. I am excited to join Kindering and to start working with all the families and their children.

Hi! My name is Camilla Grossman and I am the Receptionist/Administrative Assistant at the new Kindering Redmond location. I am Brazilian and graduated in Social Communication with a minor in Advertising and have worked in various positions from caregiver to project coordinator. I came to the USA for the first time as an exchange student and lived in Virginia for 2 years. I really enjoyed living close to DC, but when I visit Washington State, I knew this was the place to call home. I moved here almost 3 years ago. I enjoy hiking, camping, and exploring all the different scenarios Washington has to offer.

UNEXPECTED JOURNEY
RAISING A CHILD WITH SPECIAL NEEDS
JUNE 8, 2019
9:00AM-3:30PM
KINDERING BELLEVUE

Moms and dads often discover raising a child with special needs has significant challenges. It is natural for parents 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 one-day 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.

Topics include:
• coping with grief and stress
• gaining family resilience
• nurturing the relationship you have as a couple

Workshop is free for Kindering families. Please bring your own lunch or snacks and please note that childcare is not provided.

Contact & Registration
Call: Rosanne Carter at 425.984.2623 or email: rosanne.carter@kindering.org

Facilitators:
Louis Mendoza, Manager of the Washington State Fathers Network for Kindering, is a father of two adult daughters, worked for 10 years as a paraeducator for children with special needs in the Northshore School District and has coached for Special Olympics.

Rosanne Carter, Infant Mental Health Therapist, is a mother of two children, ages 8 and 5, and has been working with children and families for 20 years. She has been an Early-Intervention Infant Mental Health Therapist at Kindering for almost 10 years. Rosanne provides relationship-based support to families at Kindering and is the Family Support Manager.

FATHERS NETWORK
UPCOMING EVENTS

The Fathers Network invites you to join us for the following events in June:

Family Photo Event: June 2nd in Woodinville, come and have your family (up to 5 people) photo taken by a professional photographer at no cost. Time slots are limited and reservations are required. Please see the underlined link above for more information.

Dad and Kids Gaming Event: June 9th at the Microsoft Store in University Village. We have the store to ourselves from 9:30-11:00 AM. See the underlined link above for more information, including how to register.

Our 36th annual family campout at Washington Park in Anacortes: The weekend of June 14-16. Come for the whole weekend (we’re done by noon on Sunday) and campout or just join us for part of the time. No need to register. More information can be found here.