



Parent to Parent of Whatcom County

Issue No. 5-06
September 2006
Newsletter



Supporting Families of Children With Special Needs
2001 H Street Bellingham, WA 98225 (360) 255-2056
www.arcwhatcom.org/p2p email: p2pwhatcom@nas.com



Summer Swim Social

This year's August Swim Social offered great fun in the water and a wonderful opportunity to meet other families of children with special needs. Thanks to all of the families who helped make it enjoyable! See you in Spring 2007!



A snapshot from our 2006 Parent to Parent Summer Picnic at Bloedel Donovan Park -- a day of sunshine, delicious foods, and happy moments shared with other families of children with special needs. We already look forward to next year's event!

Coordinator's Corner

Hello, and welcome to the new school year! Hopefully everyone is getting settled into the school year and your families are doing well. For those of you who are stay-at-home parents, it must be nice to have a short break during the day while our children are off at school. With that being said, it is important to stay healthy & ward off illnesses so that our children can get the optimum experience from their education & classtime -- and stay in school free from medical setbacks. In addition to eating a healthy diet, getting regular exercise and daily fresh air, sanitization and handwashing can go a long way. Unclean hands & doorknobs are the entry-way into our little ones' immune systems. As a mother of a medically fragile child, I encourage you to wash hands frequently throughout the day, especially before & after mealtime and after toileting or diapering. Also, the use of bleach wipes on doorknobs can help prevent the spread of infection. Our children are sure to benefit from these simple steps! Here's to a healthy & happy fall! Warmest Regards, Jennifer Schouten



We want to hear from you!! What do you do to take care of *YOURSELF*? Please email us at p2pwhatcom@nas.com, and the results from our online poll will be printed in our next newsletter.

“One lesson had taught her that happiness generally came from accepting what you had, rather than wishing for the moon.”

--Dallas Schulze

Mission Statement: The Parent to Parent Support Programs provide emotional support and information to families of a newborn or a newly diagnosed child with a disability or special health care needs. "Helping Parents" are parents who provide one-on-one support to other parents who have a child with similar needs.

Parent to Parent Calendar



Parent to Parent Support Meeting
Monday, October 16, 2006
7:00 - 8:30 pm

Parent to Parent Support Meeting
Monday, November 20, 2006
7:00 - 8:30 pm

Guest Speaker: Educational Toys

Parent to Parent Support Meeting
Monday, December 18, 2006
7:00 - 8:30 pm
Craft Time!!!

All Parent to Parent support meetings are held at: Whatcom Center for Early Learning; 2001 H Street; Bellingham, WA 98225. Come join us for food, fun, and support. Childcare and treats provided. Please RSVP 36 hours in advance for childcare. For more information, please contact Parent to Parent by dialing (360) 255-2056.

Swimming & Pizza Sibshop
Friday, October 20, 2006
7:30-9:00 pm

The October sibshop will be held at: Arne Hanna Aquatic Center; 1114 Potter Street in Bellingham. Please call (360) 255-2056, ext. 1, to RSVP. Pre-registration is required. Be sure to bring a swim suit, towel & change of clothes.

Sibshops: A program created for brothers and sisters of children with special needs. All siblings of children with special needs between ages 8-13 years welcome!

Parent to Parent Helping Parent Training
Saturday, November 4, 2006
10:00 am - 2:00 pm

Please see insert page for more information!

See how much you've grown and give back a little!

P2P Hispanic Outreach - Social gathering and fun at Tube Time in Bellingham - November 2006. More details to come! Please call Alina at 255-2056 ext. 2 for more information.

A big **"THANK YOU"** to the helping parents who volunteered to answer the Parent to Parent Phone Line!!
August - Jennifer Schouten & Christine Griffin
September - Karlene Carlson



Upcoming Events

Family Enrichment Weekends offered by Families Together

March 2 - 4, 2007 - Lewiston, Idaho.

Topic: Transitions over age 12.

March 23 - 25, 2007 - Coeur d'Alene, Idaho

For more information, please visit www.familiestogether.org.

Conference on Sensory Integration Issues

Saturday, October 28, 2006

8:30 am - 4:15 pm

Located at the Champion Ballroom
Seattle University Campus



The Children's Institute for Learning Differences & the King County Chapter of the Autism Society of Washington present a full day conference featuring experts who work with children who have sensory integration issues. Experts will share a treasure chest of resources and information for parents, educators and professionals. To register, please call (206) 232-8680 or online at <http://www.childrensstitute.com>.

Whatcom Interagency Coordinating Council (WICC) Meeting

Tuesday, December 5, 2006

12:00 - 1:30 pm

Located at the Garden Street Family Center
1231 N. Garden Street in Bellingham

The WICC is a group of **Providers and Parents** who meet to discuss the needs of children ages birth to six years old. **Parents** are welcome and encouraged to attend WICC meetings to provide input. The WICC is currently looking for **fathers to share their stories on December 5**. Parent stipends available for attendance. Childcare & refreshments are provided. For more information please contact Jennifer Schouten at (360) 255-2056, ext. 1.

Father's Network Conference in Seattle, WA. October 21, 2006. The James May Family Education Fund is available to assist fathers and families of individuals with special needs to attend workshops, conferences, or trainings. One scholarship is available per family per year. E-mail hughjk@msn.com for more information.

Parent to Parent
would like to give **Special Thanks** to our guest speaker for August - Beverly Porter, Parent Advocate from The Arc.

You can help.
You are invited to the
Parent to Parent
Helping Parent Training



Saturday, November 4, 2006
10:00 a.m. - 2:00 p.m.
Located at the Garden Street Family Center
1231 N. Garden Street in Bellingham



Whatcom Center for Early Learning

2001 H Street Bellingham, WA 98225

(360) 671-3660 www.wcel.net

The mission of Whatcom Center for Early Learning is to provide comprehensive, family-centered early intervention services to children ages birth to three with developmental delays.

Parent-to-Parent of Whatcom County is a program of Whatcom Center for Early Learning, a non-profit organization serving & supporting the development of very young children with special needs. Parent-to-Parent is support program for parents of children of *all ages* who have special needs &/or disabilities.

Whatcom Center for Early Learning is pleased to announce new staff members:

Amber Press, SLP

&

Rena Churchill, Classroom Assistant

Parent to Parent
wants to invite you to a
Mom's Road Trip
(rain or shine)

to scenic
Port Townsend
Sunday, October 8, 2006
10:00 am - 6:30 pm

We will meet at the Park and Ride located at Old Fairhaven Pwy and I-5, behind Food Pavilion

Please bring comfortable walking shoes, appropriate weather gear, fares for the "walk-on" ferry rides, and lunch.

Sailing Times:
Departing Keystone at 12:00 pm
and Port Townsend at 4:30 pm

For information about walk-on fares or to RSVP, please contact Christine Griffin at (360) 255-2056, ext. 3.





Saturday, October 7, 2006 Maritime Heritage Park Bellingham, WA

Mark your calendar for the 3rd Annual
Buddy Walk of Whatcom County!

The month of October is National Down syndrome Awareness Month. In 1995 the National Down Syndrome Society held the first Buddy Walk “to promote understanding and acceptance of people with Down syndrome”. This year Down syndrome Outreach of Whatcom County will hold its 3rd Annual Buddy Walk. The Buddy Walk will be held at Maritime Heritage Park on Saturday, October 7, 2006 at 11 am. Grab your friends, neighbors, teachers, and any other buddies and come enjoy the fun at the 3rd Annual Whatcom County Buddy Walk. There will be the ever-popular face painting, super sitters to entertain the children, a balloon tying expert, guest speakers, exhibits, and music. Raffle tickets will be available for a chance for great prizes. Come join us for an afternoon of fun and celebrate Down syndrome Awareness Month with all your buddies. There is a \$5.00 registration fee which includes a Buddy Walk T-shirt. Scholarships are available upon request. For more information or to receive a registration form, please call Sarah Weg at (360) 715-0170, ext. 2, or stop by the Arc of Whatcom County office and pick one up. All events occur in accessible locations. For sign language interpreter service, assistive listening devices or communication material in alternative formats including



Fall Sibshop

Sibshops: A program just for brothers and sisters of children with special needs.

Join us for an evening of swimming, pizza, and fun!

Friday, October 20, 2006

7:30 - 9:00 pm

For children ages 8-13 years

Meet at Arne Hanna Aquatic Center in Bellingham

**To register, please call Parent to Parent at 255-2056, ext. 1,
and leave a message for Jennifer Schouten.**

Volunteer Opportunities

As soon as possible: Whatcom Center for Early Learning & Parent-to-Parent are looking for a skilled powerwasher to powerwash the Parent-to-Parent office. We have a powerwasher, but need an operator! The office is ready to be painted, but pending powerwashing. Please call (360) 255-2056 if you are able to help.

Saturday, October 7: Parent-to-Parent & Whatcom Center for Early Learning are hosting a table at the 3rd Annual Down Syndrome Outreach Buddy Walk. If you would like to help at the booth, please dial (360) 255-2056.

December 2006: Donations of new winter-themed storybooks are needed for Santa's gift bags to be given to children of all ages at the Annual Parent-to-Parent Holiday Party. Please bring book donations to the P2P office (2001 H St. in Bellingham) before December 1, 2006. Please be sure to attach a note with your name and mailing address, so we can send a thank you and tax write-off documentation.



The annual **Parent to Parent Hispanic Outreach** summer picnic was held on July 29, 2006 at Bloedel Donovan Park in Bellingham. Despite the clouds, over 30 people enjoyed delicious food and had a chance to mingle. Children had their faces painted, they played with bubbles and sidewalk chalk, and participated in craft projects. A special thanks to our wonderful volunteers Joyce Tingley and Janelle Kann; as well as Costco, Fred Meyer, and Maria Mason for their generous support of this event. Hope to see you next summer!



Golden Rules of School Advocacy

- 1.) Follow the Golden Rule (treat others as you'd like to be treated).
- 2.) Communicate, communicate, communicate!
- 3.) Listening is part of communication.
- 4.) If it's not written down, it didn't happen.
- 5.) View your relationship with the school as a marriage with no option to divorce (i.e. work together!).

Gleaned from parents, educators and www.wrightslaw.com
- special thanks to Beverly Porter for sharing this wisdom!

PARENT TO PARENT OFFICE HOURS

SEPTEMBER 2006

Mondays 10:00 am - 12:00 pm

Wednesdays 9:30 am - 12:30 pm

Thursdays 1:00 - 5:00 pm

Fridays 10:00 am - 12:00 pm & 1:00 - 5:00 pm

Hispanic Coordinator:

Tuesdays 8:00 - 9:30 am & Thursdays 6:00 - 7:00 pm



OCTOBER 2006

Mondays 1:00 - 4:00 pm

Wednesdays 9:30 am - 12:30 pm

Fridays 10:00 am - 12:00 pm

Hispanic Coordinator:

Tuesdays 8:00 - 9:30 am & Thursdays 6:00 - 7:00 pm



The Parent-to-Parent Office is located at
Whatcom Center for Early Learning
2001 H Street; Bellingham, WA 98225
(360) 255-2056

ATTENTION: If you would like to receive our Spanish newsletter for Padres a Padres (or know someone who could benefit from it), please call Alina Zollfrank, Hispanic Outreach Coordinator, at 255-2056, ext. 2, with your/their full name, mailing address, and phone number.

ANUNCIO ¿Quiere recibir nuestro boletín de Padres a padres en español? Por favor, llame a Alina, la Coordinadora para la comunidad hispana, al 255-2056 y marque el 2 para dejar un mensaje. Incluya su nombre, número de teléfono y dirección.

Moving? If you are moving, please contact us by dialing (360) 255-2056 or send an email to p2pwhatcom@nas.com. Please leave your new address to avoid mail being returned. Feel free to include your new phone number or email address in your message.

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1111 Cornwall Ave., Ste. 205
Bellingham, WA 98225
(360) 715-0170

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-Washington State Parent to Parent program.

Edited by Jennifer Schouten, Parent to Parent Coordinator
& Alina Zollfrank, Hispanic Outreach Coordinator



Parent to Parent Support Meetings

7:00 - 8:30 pm

Monday, October 16th

Monday, November 20th

Guest Speaker: Educational Toys

Monday, December 18th

Craft Time!!!

Where: Whatcom Center for Early Learning (2001 H Street in Bellingham)
Come join us for food, fun & support! Free child care is provided by trained Super Sitters - please RSVP 36 hours in advance! (360) 255-2056