

# Parents' Place News

Volume XIII Issue 4

September - October 2008

Parents' Place  
928 23<sup>rd</sup> Avenue- Longview, WA 98632

Phone: 360.414.9212  
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## \* FIRST TIME EVER! \*

The Board of Directors at Parents' Place invites you to join us at our first ever fundraiser breakfast. This event will be held at the Cowlitz County Expo Center on Tuesday, the 16th day of September at 7:30 am. Dr. Travis Cavens is the M.C. and Kathryn Barnard, retired director of the University of Washington School of Nursing, will be the guest speaker. Breakfast is buffet style with something for everyone. A suggested donation of twenty five dollars (or more) will help Parents' Place maintain current programs. You may request to be a table captain, asking seven others to share a table with you, or make a reservation for yourself. We hope you will be available to join us. Committee Chair - Lynn Frost - (360) 431-2240 Table Captains Chair - Kristina Mack - (360) 431-6120

## CHANGES THIS FALL:

### **NEW AMERICORPS MEMBER!**

Join us as we welcome our new Americorps member. She will start mid September and will be working with the parent groups and revamping the Mentors of Mothers Program.

### **NEW BABY BASICS CLASS!**

Also starting in September is a new class for new parents called Baby Basics. This is a 4 week series about those 1<sup>st</sup> days home from the hospital. Topics include: basic baby care: how to make a bottle, how to put on a diaper, how to bathe your baby, how to take baby's temperature, what to expect at the 1<sup>st</sup> well baby check-up, how baby's appearance changes in those 1<sup>st</sup> days (skin color, swelling, loss of hair), and more. Call 414-9212

### **NEW PARENT GROUP IN WOODLAND!**

If you have children too young to attend school then come and play with us! This group meets Tuesday mornings from 10:30am to Noon at the Presbyterian Church Nursery, 756 Park Street. Join us for parenting information, socialization, and FUN. Call Vickie at 414-9212 for more info.



### **WOODLAND ADVENTURES!!!**

The first picture is of our adventure on the 2<sup>nd</sup> of July. We had a parade with the moms and children of our Hispanic Parent Group. After the parade was finished, the group gathered to enjoy popsicles. Everyone had a great time, even in the hot weather.

The second picture is also of our Woodland Hispanic Parent Group. In this photo the group was at the Woodland Library. This activity was the Creature Feature Show from the "Catch the Reading Bug" Program. The kids were able to see and learn about many different reptiles. As you can see the children were able to pet many of the reptiles they were learning about.

## RECAP OF SUMMER AT PARENTS' PLACE!

It was a busy summer at Parents' Place both in Longview and Woodland. In Longview, the groups participated in the Kids Parade for the opening of the Cowlitz County Fair and received 2<sup>nd</sup> place for their efforts. Monthly potlucks were held in the back yard and various crafts were made including the handprint tiles for our upcoming fundraiser in September. The summer will end with a speaker on Toilet Training on Wednesday, August 27 at 10:30am.

In Woodland, the Hispanic Parent Group held their first 4<sup>th</sup> of July parade at Casa San Juan Diego. In preparation, the families made patriotic pinwheels and maracas. On parade day, everyone came dressed in red, white, and blue and waved American flags donated by the Red Hat Thrift Store. About 25 adults and 50 children participated in the celebration which ended with singing, "Happy Birthday USA" and eating popsicles.

The Hispanic group also participated in the summer reading program at the Woodland Public Library, "Catch the Reading Bug". The group walked to the library and enjoyed 3 wonderful programs, Creature Feature, Bend Magic, and Mad Science, and an ice cream social on the last day. The programs were fun and educational for both the children and the adults.

## LOVE & LOGIC CLASSES

Love and Logic was the only class taught this summer and was well attended. It will continue to be offered Wednesdays 6:30-8:30 pm and Thursdays 10-12 am. Our **OTHER** classes will begin in September on Mondays 6:30-8:30 pm and Fridays 10-12 am (see insert for classes and dates).

## CONCIOUS FATHERING...

### LOCATION CHANGE

The Conscious Fathering program, for new and expectant fathers, has moved to PeaceHealth. We will miss seeing Brian, the instructor, but we are happy to know that the program will still be offered. It is held the 3<sup>rd</sup> Monday of the month at the Women's Pavilion. Call Brian at 795-8612 or Jan at 501-3700 to sign up.

### PEDIATRIC CLINIC ADOLESCENT AND YOUNG ADULT CLINIC 764 14<sup>TH</sup> AVENUE LONGVIEW

CALL (360) 425-6111 FAX (360) 636-1297

Karen S. Kato, M.D., FAAP  
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Jodi A. Freeman, C.P.N.P.

All Pediatricians are certified by the American Board of Pediatrics

## WHAT IS A FRIEND?

*What is a friend?  
Quite a number of things,  
A welcome hello when  
the telephone rings,  
A person who borrows,  
but will also lend.  
Who hears your woes  
from beginning to end.  
A friend is a comfortable  
afternoon shared.  
A note to show  
that somebody cares.*

*A friend is MAGIC that brightens your day!*

**PARENTING CLASSES**  
**\*BACK IN ACTION\***  
**REGISTRATION INFORMATION**

- ◆ Cost: \$20 per family per week plus \$15.00 for the book (scholarships available).
- ◆ Free onsite childcare is available for children - age 9 and younger.
- ◆ Call for information and registration:  
NANCY at --- 414-9212

*The Doctor's Corner*

*By Sue Abell, M.D.*

*Reprinted By Request*

**HOW TO CHOOSE THE RIGHT DAYCARE  
FOR YOUR CHILD**

It isn't easy letting go. When the time comes to leave your child at daycare for the first time, it can be stressful for both of you, although she will probably have adapted before you do! Nothing can make this transition totally pain-free, but doing your homework in advance will give you great peace of mind. How do you choose the perfect daycare for your child?

First, visit each of the facilities that are available. Ask a lot of questions, including the child to staff ratio, the training of staff members, and the daily schedule. Be sure to ask whether parents are allowed to drop by without warning (if the answer is "no," cross that center off your list.) Ask whether children are required to have their vaccinations up to date, and what the illness policy is.

Find out how arrangements are made for others to pick your child up for you. How does the center ensure that only people with your permission leave with your child? How are children physically kept safe? Are they supervised at all times? Can toddlers get into the bathroom unattended? Could they open the door and get outside without anyone knowing? How is a blood spill handled are appropriate universal precautions taken? How are diaper changes handled? Are surfaces sanitized carefully between each change? Do the staff and children wash their hands frequently?

Look around each facility. Is it clean? Is it obvious that some attempt is made to keep it orderly? (Is it TOO neat? No facility that entertains young children can have all toys and papers put away at all times.)

What are the children doing when you visit? Are they parked in front of a television or are they engaged in activities? Are awake infants being held and talked to, even if they're not crying?

Finally, ask for references. Ideally you should get names of parents still using the center as well as some who no longer bring their children there. Don't stop there: actually CALL each reference. Ask what they like or liked best about the daycare, and what they liked least. Ask if their children seemed happy when they were dropped off, and even more tellingly, when they were picked up. Ask how any problems were addressed (if their child clung and cried at drop-off, if their child or another child was a biter, if their child became sick during the day). Ask parents who no longer use the daycare why they left, and where their children are being cared for now.

Finally, take your child for a visit to the top contenders, and compare the experience at each. Ultimately, your decision may come down to how each center makes you and your child feel, but what feels like an instinctive choice will have a foundation of facts.

**CHILD AND ADOLESCENT CLINIC**  
**SPECIALIST CARE FOR EVERY CHILD**  
**Call (360) 577-1771 Fax (360) 423-9537**

*Pediatricians certified by the  
American Board of Pediatrics*

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John Ey, MD, MPH

*Pediatric Nurse Practitioners*

Mary Dykes, RN, ARNP

Mary Jane Hall, RN, ARNP

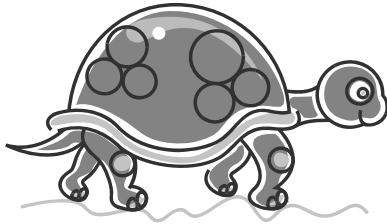
Pam Roberts, RN, ARNP

Accepting new patients with all types of  
Washington State Medical Insurance.

**Parents' Place  
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*Our mission is to promote a community commitment to healthy parenting and to strengthen and enhance families to ensure the well-being of children.*



Parents' Place  
Community Caring Project  
928 23<sup>rd</sup> Ave. Longview  
PO Box 793  
Kelso WA 98626

**PARENTS' PLACE STAFF DIRECTORY**

Main Desk		414-9212
Director	Judy B	Ext. 11
Parenting Groups	Nancy	Ext. 13
Parenting Classes	Judy P	Ext. 15
Social Worker	Vickie	Ext. 16
Social Worker	Whitney	Ext. 14
Childcare	Nancy	Ext. 10
Spanish Interpreter	Edith	Ext. 17

Office Hours:  
Monday – Thursday 9:00 am to 4:00 pm  
Fridays 9:00 am to 3:00 pm

**VISIT OUR WEBSITE:**

[www.parentsplacelongview.org](http://www.parentsplacelongview.org)

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