

Parenting Resources for Behavioral Challenges in Children (8 years old and younger)



My personal support system	<ol style="list-style-type: none">
Promoting First Relationships Evidence-based parent support for infants, targeting birth to 3 years old pfrprogram.org	<ol style="list-style-type: none"> Birth-to-Three Centers <ul style="list-style-type: none"> Encompass (16-30 months) (Snohomish, Issaquah, Riverview SD) 425.888.2777 Kinderling (Lake WA, Mercer Island, Bellevue, Issaquah, Renton SD) 425.747.4004 Little Red Schoolhouse (Northshore SD) 425.353.5656 Wonderland (North King County + South Snohomish County) 206.364.3777 South King Early Intervention Program/SKIP (Renton, Kent) 253.854.5660 Youth Eastside Services (Bellevue, Kirkland, Redmond) walk-in intake at Bellevue location, Tue. & Thu., 12-4 pm (www.youtheastideservices.org) Early Head Start – King & Snohomish Counties (headstartprogram.us) Valley Cities Behavioral Health Care (Auburn, Renton) 253.833.7444 King County Public Health: Nurse Family partnership 206.477.6262
Parenting Classes	Kinderling, Lois Ralph, 425.653.4302 <ul style="list-style-type: none"> Lake WA, Mercer Island, Bellevue, Issaquah, Renton school districts 10 week group class (Mon. 6-8 pm) for parents of children ages 12 and younger <ul style="list-style-type: none"> English (September, November, March, and May) Spanish and Russian (fall and spring)
Incredible Years Evidence-based parenting program based on research by Carolyn Webster-Stratton, PhD incredibleyears.com	<ol style="list-style-type: none"> FamilyWise Northwest (Mercer Island, 4-8 years old) 425.295.1705 (familywisennw.com) Eastside Parenting Clinic (Bellevue, 4-8 years old) 425.999.7800 (JannieDriverPhD.com) Encompass (Snohomish, Issaquah, Riverview school districts, 4-8 years old) 425.888.2777 International Center for Autism & Neurodevelopment (Bellevue, 2-5 years old) 425.657.0620 Seattle Children's PEARL clinic (2-5, 6-8, 8-11 years old) 206.987.2164 <i>Provider referral needed – limited access</i>
Parent-Child Interaction Therapy (PCIT) Skills-based approach for parents with children 2-7 years old pcit.org	<ol style="list-style-type: none"> Youth Eastside Services (Bellevue, Kirkland, Redmond) 425.747.4937 Ryther (Bellevue, Seattle, Mukilteo) 206.517.0234 (ryther.org/child-family-therapy) University of Washington / Harborview (Redmond, Bellevue) 206.744.1600 Encompass (North Bend) 425.888.2777 Counseling Centers of North Puget Sound (Snohomish, Everett) 360.568.8737 Institute for Family Development <ul style="list-style-type: none"> Federal Way 253.874.3630 Everett 425.374.4279 Seattle Children's 206.987.2164 <i>Provider referral needed - limited access</i>
Books, Videos and Websites recommended by Seattle Children's	See reverse for <i>Disruptive Behavior and Aggression Resources</i> from Seattle Children's https://www.seattlechildrens.org/globalassets/documents/healthcare-professionals/pal/7.2-disruptive-behavior-and-aggression-resources.pdf