

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

<p>My personal support system</p>	<ol style="list-style-type: none"> 1. 2.
<p>Promoting First Relationships</p> <p>Evidence-based parent support for infants, targeting birth to 3 years old</p> <p>pfrprogram.org</p>	<ol style="list-style-type: none"> 1. Birth-to-Three Centers <ol style="list-style-type: none"> a. Encompass (16-30 months) (Snohomish, Issaquah, Riverview SD) 425.888.2777 b. Kindering (Lake WA, Mercer Island, Bellevue, Issaquah, Renton SD) 425.747.4004 c. Little Red Schoolhouse (Northshore SD) 425.353.5656 d. Wonderland (North King County + South Snohomish County) 206.364.3777 e. South King Early Intervention Program/SKIP (Renton, Kent) 253.854.5660 2. Youth Eastside Services (Bellevue, Kirkland, Redmond) 425.747.4937, or walk-in intake Monday —Thursday, 12-4 pm. 3. Early Head Start – King & Snohomish Counties (headstartprogram.us) 4. Valley Cities Behavioral Health Care (Auburn, Renton) 253.833.7444 5. King County Public Health: Nurse Family partnership 206.477.6262
<p>Incredible Years</p> <p>Evidence-based parenting program based on research by Carolyn Webster-Stratton, PhD</p> <p>incredibleyears.com</p>	<ol style="list-style-type: none"> 1. FamilyWise Northwest (Mercer Island, 4-8 years old) 425.295.1705 (familywisennw.com) 2. Eastside Parenting Clinic (Bellevue, 4-8 years old) 425.999.7800 (JannieDriverPhD.com) 3. Cadence Adolescent and Child Therapy (Kirkland) 425.658.3200 4. International Center for Autism & Neurodevelopment (Bellevue, 2-5 years old) 425.657.0620 5. Seattle Children’s PEARL clinic (2-5, 6-8, 8-11 years old) 206.987.2164 <i>Provider referral needed</i>
<p>Parent-Child Interaction Therapy (PCIT)</p> <p>Skills-based approach for parents with children 2-7 years old</p> <p>pcit.org</p>	<ol style="list-style-type: none"> 1. Youth Eastside Services (Bellevue, Kirkland, Redmond) 425.747.4937 2. Ryther (Bellevue, Seattle, Mukilteo) 206.517.0234 (ryther.org/child-family-therapy) 3. University of Washington / Harborview (Redmond, Bellevue) 206.744.1600 4. Encompass (North Bend) 425.888.2777 5. Counseling Centers of North Puget Sound (Snohomish, Everett) 360.568.8737 6. Institute for Family Development <ol style="list-style-type: none"> a. Federal Way 253.874.3630 b. Everett 425.374.4279 7. Seattle Children’s 206.987.2164 <i>Provider referral needed - limited access</i>
<p>Books, Videos and Websites recommended by Seattle Children’s</p>	<p>See the link below 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</p>