

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



<p>My personal support system</p>	<p>1. 2.</p>
<p>Promoting First Relationships Evidence-based parent support for infants, targeting birth to 3 years old pfrprogram.org</p>	<p>1. Birth-to-Three Centers</p> <ul style="list-style-type: none"> • Encompass (16-30 months) (Snohomish, Issaquah, Riverview SD) 425.888.2777 • Kindering (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 <p>2. Youth Eastside Services (Bellevue, Kirkland, Redmond) walk-in intake at Bellevue location, Tue. & Thu., 12-4 pm (www.youtheastideservices.org)</p> <p>3. Early Head Start – King & Snohomish Counties (headstartprogram.us)</p> <p>4. Valley Cities Behavioral Health Care (Auburn, Renton) 253.833.7444</p> <p>5. King County Public Health: Nurse Family partnership 206.477.6262</p>
<p>Parenting Classes</p>	<p>Kindering, Lois Ralph, 425.653.4302</p> <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)
<p>Incredible Years Evidence-based parenting program based on research by Carolyn Webster-Stratton, PhD incredibleyears.com</p>	<p>1. FamilyWise Northwest (Mercer Island, 4-8 years old) 425.295.1705 (familywisennw.com)</p> <p>2. Eastside Parenting Clinic (Bellevue, 4-8 years old) 425.999.7800 (JannieDriverPhD.com)</p> <p>3. Cadence Adolescent and Child Therapy (Kirkland) 425.658.3200</p> <p>4. Encompass (Snohomish, Issaquah, Riverview school districts, 4-8 years old) 425.888.2777</p> <p>5. International Center for Autism & Neurodevelopment (Bellevue, 2-5 years old) 425.657.0620</p> <p>6. Seattle Children’s PEARL clinic (2-5, 6-8, 8-11 years old) 206.987.2164 <i>Provider referral needed – limited access</i></p>
<p>Parent-Child Interaction Therapy (PCIT) Skills-based approach for parents with children 2-7 years old pcit.org</p>	<p>1. Youth Eastside Services (Bellevue, Kirkland, Redmond) 425.747.4937</p> <p>2. Ryther (Bellevue, Seattle, Mukilteo) 206.517.0234 (ryther.org/child-family-therapy)</p> <p>3. University of Washington / Harborview (Redmond, Bellevue) 206.744.1600</p> <p>4. Encompass (North Bend) 425.888.2777</p> <p>5. Counseling Centers of North Puget Sound (Snohomish, Everett) 360.568.8737</p> <p>6. Institute for Family Development</p> <ul style="list-style-type: none"> • Federal Way 253.874.3630 • Everett 425.374.4279 <p>7. Seattle Children’s 206.987.2164 <i>Provider referral needed - limited access</i></p>
<p>Books, Videos and Websites recommended by Seattle Children’s</p>	<p>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</p>