

# **Childswork Parent Resource Guide**

## **Welcome to the Inaugural Childswork Resource Guide**

Portland is very fortunate to have a wide variety of resources available. This guide is meant as a starting point to locate a place to play, a particular book, or medical services. Many of the resources on this list have been used by families or teachers, however there are many other resources with which we do not have first hand experience. Childswork is not recommending, evaluating, or rating any of these resources.

We want to thank the Family Education Committee for compiling this list. If you have questions about a resource or would like a more specific referral, see Michele for additional ideas. We also encourage you to check with your insurance provider for coverage availability in regards to medical or therapy services.

We hope you find this guide helpful. Please don't hesitate to give us input on how we can improve the guide and provide us with additional resources as we will update the information annually.

**Childswork Learning Center**

## Table of Contents

<b>Health</b>	
Therapists (occupational, physical, behavioral)	3
Special needs	4
Physical health	5
Mental health	6
<b>Education</b>	
early intervention	7
public school	7
parenting books	8
kids books (titles recommended by Childswork teachers)	8
<b>Support</b>	<b>9</b>
<b>Safety</b>	<b>10</b>
<b>Recreation</b>	
indoor	11
outdoor	11
<b>Other</b>	<b>12</b>

## Health

### **therapists (occupational, physical,behavioral)**

*Please note: your insurnace can refer you to a therapist specializing in early childhood, parenting and family. Additionally, here are some contacts.*

#### **The Children's Program**

503.452.8002

Psychological evaluation, behavioral/developmental evaluation, academic evaluation.

#### **Linda Blue, OTR/L Occupational Therapist**

503.224.0952

2743 SE 98th Ave #13

#### **Neuro Therapeutics OT/PT**

503.657.8903

<http://nt4kids.com>

#### **Therapy Solutions for Kids**

503.224.1998

5200 Sw Macadam Ave Suite 100

<http://therapysolutionsforkids.com>

#### **Lisa Race, LCSW**

503.624.5705

420 S State Street

Lake Oswego, OR

#### **Art Institute**

503.228.6479

This is a merger between Hearing and Speech Institute and NW Early Childhood Institute.

<http://artcenter.org>

#### **Oregon Family Support Network**

503.675.2294

OFSN is a family-driven support network for families who have children with emotional, behavioral, mental and/or physical challenges and special needs.

<http://www.ofsn.org>

## Special Needs

### ADHD Parent Support Group

Children and Adults with Attention Deficit/Hyperactivity Disorder.

503-294-9504

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

### Sensory Processing Disorder

This foundation provides sensational research, education, and advocacy.

[www.spdfoundation.net](http://www.spdfoundation.net)

### Oregon Parent Training and Information Center

Resources to educate and support parents and families of children with disabilities.

503-581-8156

888-505-2673

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

### Wraparound Oregon

This organization offers referral services for building a coordinated system of services and support for children and youth with complex mental health needs who are involved in multiple systems.

*Early Childhood:* 503-267-6208

**School Age: 503-702-6251**

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

### Clinical Services at CDRC

Diagnostic assessments and consultations provided by CDRC (Child Development Clinic at Doernbecher Children's Hospital).

503-494-8095

[www.ohsu.edu/cdrc/clinical/portland](http://www.ohsu.edu/cdrc/clinical/portland)

### ARC of Oregon

Support and resources for individuals with cognitive, intellectual and developmental disabilities.

503-581-2726

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

### Autism Society of Oregon

Family support groups and other resources. Search online for your local chapter.

888-AUTISM-1

[www.oregonautism.com](http://www.oregonautism.com)

### Family and Community Together (FACT)

FACT is a non-profit coalition focused on issues of importance to people with disabilities and their families in the state of Oregon.

888-988-3228

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

## Physical health

### Oregon Food Bank

503-282-0555

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

### Defeat Diabetes Foundation

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

Click on “Diabetes Support Groups” under “Self Management” to find local support groups.

### Oregon Safe Net

800-723-3638

Information and referral for food stamps, Oregon Health Plan, and school lunches.

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

### United States Department of Agriculture: Food and Nutrition Center

Includes nutrition guidelines for preschoolers and school aged children, and you can customize a “pyramid” plan.

[www.fnict.nal.usda.gov/](http://www.fnict.nal.usda.gov/)

### Coalition of Community Health Clinics

503-546-4991

Free and low-cost health clinics, including some dental services.

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

### Oregon Poison Center

800-222-1222

The regional poison center is located at OHSU and is a 24-hour emergency and resource service.

<http://www.ohsu.edu/poison/>

## ***Mental health***

### **Baby Blues Connection**

503-797-2843

This volunteer group provides support to antepartum and postpartum mothers and families.

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

### **Grief Support Groups**

503-220-1000

Eight week support groups for children and families who have experienced a loss through death.

503-215-2273

[www.oregonhospice.org/metoo\\_and\\_company.htm](http://www.oregonhospice.org/metoo_and_company.htm)

### **Multnomah County Crisis Line**

503-988-4888

For mental health and addiction referrals.

[www.co.multnomah.or.us/dchs/mhas](http://www.co.multnomah.or.us/dchs/mhas)

### **Alcohol and Drug Help Line**

503-244-1312

This is a statewide non-profit promoting healthy kids and communities through drug and alcohol awareness.

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

### **Product Recall Information**

[www.cpsc.gov.](http://www.cpsc.gov)

Recall announcements and safety alerts from the Consumer Product Safety Commission

## Education

### ***early intervention***

503-262-4100

#### **Multnomah Early Childhood,**

14030 NE Sacramento St

This intervention and special education program for children ages birth to five with delays or disabilities. Screenings, evaluations and services are provided to families free of charge. If your child is eligible, an Individual Family Service Plan is developed to address your child's developmental

[www.Mesd.k12.or.us](http://www.Mesd.k12.or.us)

### ***public school***

503-916-3358

#### **Amy Welch,**

[awelch@pps.k12.or.us](mailto:awelch@pps.k12.or.us)

Admin of Talented & Gifted Education PPS

501 N Dixon Street

### **Kindergarten at Portland Public Schools**

Check with your local school regarding the "kindergarten roundup" date to provide information and registering (usually around February but dates vary).

[www.pps.k12.or.us/schools-c/](http://www.pps.k12.or.us/schools-c/)

### **Community and Parents for Public School**

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

This group works to build a network of parent, family and community voices to ensure high quality education for all children in the public school.

### **Teachers and Families**

[www.teachersandfamilies.com](http://www.teachersandfamilies.com)

This site is compiled by teachers and provides games, reading suggestions, and discussion topics on educational and parenting issues

## Parenting books

<u>Title</u>	<u>Arthur</u>
<u>The Intentional Family,</u>	<i>William J. Doherty</i>
<u>Raising Lifelong Learners: A Parent's Guide</u>	<i>L. Calkins and B. Lydia</i>
<u>The Power of Play: Learning What Comes Naturally</u>	<i>D. Elkind</i>
<u>Children: The Challenge: The Classic Work on Improving Parent-Child Relations—Intelligent, Humane &amp; Eminently Practical-(Plume)</u>	<i>R. Dreikurs and V. Soltz</i>
<u>It Takes Two To Talk: A parent's guide to helping children communicate</u>	<i>A. Manolson</i>
<u>Living Sensationally: Understanding Your Senses</u>	<i>W. Dunn</i>
<u>Beyond Behavior Management</u>	<i>J. Bilmes</i>
<u>Aspergers Syndrome</u>	<i>T. Atwood</i>
<u>The Sensory Sensitive Child</u>	<i>K. Smith</i>
<u>Kids are worth it</u>	<i>B. Coloroso</i>
<u>The Wonder of Boys</u>	<i>M. Gurian</i>
<u>The Wonder of Girls</u>	<i>M. Gurian</i>
<u>Emotional Intelligence</u>	<i>D. Goleman</i>
<u>Social Intelligence</u>	<i>D. Goleman</i>
<u>Above All Be Kind</u>	<i>Z. Weil</i>
<u>Your 3 year, your 4 year old... A series through your 10 to 14 year old</u>	<i>Ilg and Ames</i>
<u>Healthy Sexuality Development</u>	<i>K. Chrisman and D. Couchenour</i>
<u>Positive Discipline Books (different series)</u>	<i>J. Nelsen</i>
<u>How to Talk So Kids Will Listen, and Listen So Kids Will Talk</u>	<i>A. Faber and E. Mazlish</i>
<u>Raising Lifelong Learner</u>	<i>L. Calkins</i>
<u>You Can't Come to My Birthday Party~Conflict Resolution for Young Children</u>	<i>B. Evans</i>
<u>Last Child in the Woods</u>	<i>R. Low</i>
<u>Raising Self Reliant Children in a Self Indulgent World</u>	<i>H. Stephen Glenn and J. Nelsen</i>
<u>Read Aloud Handbook</u>	<i>J. Trelease</i>

## Kids books (titles recommended by Childswork teachers)

<u>The Rainbow Goblins</u>	<i>Count Ul De Rico</i>
<u>Those Mean Nasty Dirty Downright Disgusting but...Invisible Germs</u>	<i>J. A. Rice</i>
<u>Busy in the Garden (gardening poems)</u>	<i>G. Shannon</i>
<u>Duck on a Bike</u>	<i>D. Shannon</i>
<u>Don't Fidget a Feather</u>	<i>E. Silverman</i>
<u>The Giving Tree</u>	<i>Shel Silverstein</i>
<u>Patrick</u>	<i>Q. Blake</i>
<u>Rabbit Duck</u>	<i>A. K. Rosenthal</i>
<u>Beware of the Frog</u>	<i>W. Bee</i>
<u>If</u>	<i>S. Perry</i>

Anything by the following authors: Don and Audrey Woods, Eric Carle, Mo Williams, Mem Fox, Lois Ehlert



## Support

Area hospitals provide free or low-cost support groups for new parents. Check with your local hospital.

### Full House Moms and Dads

503-972-1346

For mothers and fathers of multiples, to educate and support parents, expectant parents and legal guardians of multiple birth children.

[www.fullhousemoms.com](http://www.fullhousemoms.com)

### Multnomah County Healthy Start Program

503-988-5055

County Healthy Start Programs offer resources and support to new, first-time parents including information about community services, parenting classes and parenting groups.

[www.co.multnomah.or.us](http://www.co.multnomah.or.us)

### Adoptive Family Support Groups

[www.adoptivefamilies.com/support\\_group.php](http://www.adoptivefamilies.com/support_group.php)

### MOMS Clubs

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

Chapters of Moms Offering Moms Support.

### Mothers and More

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

Support for moms include evening meetings and daytime playgroups.

### Moxie Moms

888-694-6667

This group promotes friends, fitness, and fun.

[www.moxie-moms.com/portland](http://www.moxie-moms.com/portland)

### Neighborhood House

503-246-1663

Parent-child development groups and other services for families with children up to 8 years, all income levels.

7780 SW Capitol Highway

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

### Parents Anonymous of Oregon

Support Line: 503-258-4557

[http://www.morrisonkids.org/programs/parents\\_anonymous.aspx](http://www.morrisonkids.org/programs/parents_anonymous.aspx)

A parent support line to provide resources for parents and prevent child abuse.

### Immigrant and Refugee Community Organization

503-234-1541

IRCO has a Healthy Start program for 1st time parents and many culture-specific groups. There are several locations.

10301 NE Glisan

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

### Urban Mama

[www.urbanmamas.com](http://www.urbanmamas.com)

An online community to connect Portland moms.

### Activistas

[www.activistas.us/activistas](http://www.activistas.us/activistas)

Connects busy parents to national matters that affect family.

### Metro Parent

<http://www.metro-parent.com>

An online resource about parenting in Portland.

## **Laurelhurst Kids Club**

<http://www.laurelhurstpd.org/kidsclub>

Playgroups by birth year, family activities for Laurelhurst residents only.

## **Zero to Three**

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

Information and support for child development and parenting.

## **Dougy Center**

503-775-5683

For grieving children and families.

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

## **Safety**

### **ACTS Oregon's Child Safety**

503-643-5620

List of car seat safety checkpoints.

800-772-1315

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

### **Safety Store at Legacy Emmanuel**

503-413-4600

Child safety products at below-retail cost and one-on-one education on child safety.

501 North Graham St.

[www.legacyhealth.org/safetystore](http://www.legacyhealth.org/safetystore)

### **Portland Women's Crisis Line Office**

503-235-5333

List of agencies to assist with domestic violence issues. 24 hour phone support.

888-235-5333

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

### **Domestic Violence Shelters**

[www.sboard.org/SHELTERS/OR.HTM](http://www.sboard.org/SHELTERS/OR.HTM)

A list of shelters in Oregon compiled by The Sounding Board Counseling Center.

### **Cares Northwest**

503-276-9000

This is a collaborative, community-based medical program for referral, assessment, treatment and prevention of child abuse.

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

### **Multnomah County Child Abuse Hotline**

503-731-3100

To report suspected abuse or neglect of children.

800-509-5439

[www.oregon.gov/DHS/children/abuse/cps/report.shtml](http://www.oregon.gov/DHS/children/abuse/cps/report.shtml)

## Recreation

### *Indoor*

#### **Multnomah County Library**

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

In addition to books, local libraries have many resources about Portland activities, a summer reading program, storytimes, homework help. You can also check out free passes to the Children's Museum.

#### **Music Together**

503-236-4304

Music and movement for infant, toddler and preschoolers.

[www.musictogether.com](http://www.musictogether.com)

#### **SCRAP, 2915 NE MLK**

503-249-0769

School and Community Reuse Action Program. Great place to find unique supplies for art projects. Please note: this is a new location.

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

#### **The 100<sup>th</sup> Monkey Studio, 110 SE 16<sup>th</sup> Ave**

503-232-3457

Beth Ann Short ATR, bethann@100thmonkeystudio.com

[www.the100thmonkeystudio.com](http://www.the100thmonkeystudio.com)

#### **Ladybug Theater, 2315 SE Grant**

503-232-2346

Live theater for young audiences.

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

#### **OMSI, 1945 SE Water Ave**

503-292-6674

Oregon Musuem of Science and Industry. Great for all ages; there is an area specifically for toddlers and pre-schoolers.

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

#### **The Children's Museum, 4015 SW Canyon**

503-223-6500

The Multnomah County Library has free passes for the museum.

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

### *Outdoor*

#### **Outdoor Dads/Family**

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

Outdoor Dads/Family outdoors group that hikes once a month.

#### **Oregon State Parks**

For camping and state park information.

[www.oregon.gov/OPRD/PARKS](http://www.oregon.gov/OPRD/PARKS)

#### **Portland Parks and Recreation**

503-823-7529

Check out the activities available through the parks and rec program including classes for preschoolers (and all ages) and ladybug walks.

[www.portlandonline.com/parks/](http://www.portlandonline.com/parks/)

#### **Community Cycling Cente**

503-288-8864

Yearly holiday bike drive, summer bike camps

1700 NE Alberta

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

#### **Audubon Society**

503-292-6855

5151 NW Cornell Rd

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

## Other

### **Oregon Community Warehouse**

503-235-8786

Collects and redistributes donated furniture and household items to local people in need.

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

### **Craigs List**

There is a section for free items and children's items.

[www.portland.Craigslist.org](http://www.portland.Craigslist.org)