

RESOURCE REQUEST FORM

Date

Initials

Parent/Agency

**Parent Trust for Washington Children**

2200 Rainier Ave. S.

Seattle, WA 98144

Email: info@parenttrust.orgwww.parenttrust.org

Fax: 206-233-0604

Name: _____

Agency: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____ Phone: _____

All publications except those noted with an "*" are available as downloads on the Parent Trust website.**To Request Materials:**

Please place a check by the materials you are requesting. **Most materials are limited to 1 copy.** If you have any questions about publications, please call the Family Help Line, 800-932-4673. **Note:** *The Parenting Toolkits are mailed to Washington State residents only.*

Agency Materials

_____ **Family Help Line Cards & Magnets** – Family Help Line telephone number and web address.

_____ **Family Help Line Parent Flyer** – Poster/handout w/basic FHL info. (Spanish/English)

_____ **Agency Questionnaire** – Information for listing on website database.

_____ **Agency Questionnaire Instructions** – Instructions for completing the Agency Questionnaire.

_____ **Parent Trust Brochure** – Describes all of the programs and services of Parent Trust.

_____ **Resource Request Form** – An annotated list of publications available from Parent Trust.

_____ **FHL Information Sheet** – Description of services offered by FHL. (Spanish/English)

_____ **Have a Plan: Never Shake a Baby** – Preventing "Shaken Baby Syndrome." *Published in collaboration with Children's Medical Center, Comprehensive Health Education Foundation, Parent Trust for Washington Children, and the Washington Council for the Prevention of Child Abuse And Neglect.*

_____ **Great Starts Brochure** – Parent Trust's birth and family education program.

_____ **Family Help Line Poster** (Limit 1 copy) – Beautiful print of original artwork with Family Help Line number and information

_____ ***Parenting Toolkit (Limit 1-we are not able to distribute these in bulk.)** developmentally appropriate behavior and learning expectations, safety & health information and tips. *(Circle appropriate age group for mailing.)*

Infant/Toddler (Birth to 3 years)

Preschool/K (3 to 6 years)

School-age (6 to 10 years)

Pre-teen/Teen (10 to 18 years)

Winning Ways DSHS guide for effective communication with children

_____ ***Winning Ways** - DSHS guide for using positive and effective discipline with young children.

_____ ***Winning Ways** – (Spanish) **Sorry – This publication is no longer available**

Kinship Caregivers

- _____ ***Relatives as Parents Resource Guide** – Describes the role of the state and courts to aid relatives who are caring for children in the family. DSHS, 2004.
- _____ ***RAP/GRG Support Groups in WA State** – List of support groups for kinship caregivers in Washington,

“Cool Responses To Hot Buttons” Series

(The following publications help parents deal with difficult behaviors in specific settings and give tips on positive parenting.) Published in collaboration with King County Library System, Parent Trust for Washington Children, and Washington State Parent Teacher Association, 1996; Safeco Insurance, 1997. (These tip sheets and more are available for downloading on our website at www.parenttrust.org)

- _____ **On Time** - Some ideas on how to get your child out of the house on time. (Spanish/English)
- _____ **On the Phone** - Tips to get your child to respect your telephone time. (Spanish/English)
- _____ **At the Store** – Guidelines to make shopping a more positive experience. (Spanish/English)
- _____ **In the Car** - Tips on managing your child’s behavior in the car. (Spanish/English)
- _____ **Mealtime** - Strategies to make mealtime a pleasant experience. (Spanish/English)
- _____ **Cabin Fever** – How to avoid boredom and prevent feeling trapped in the house during those dark, dreary winter days. (Spanish/English)
- _____ **You Can’t Make Me!** - How to stay calm and deal with backtalk. (Spanish/English)
- _____ **Do I Have To?** - Tips on getting children to do chores. (Spanish/English)
- _____ **I’m Not Sleepy!** - Avoid bedtime battles by using these positive suggestions for bedtime routines. (Spanish/English)
- _____ **It’s Not Fair!** - Winning suggestions to turn “whiners” into communicators. (Spanish/English)
- _____ **The “Cool” Parent** – More ideas to help parents stay “cool.” (Spanish/English)
- _____ **The “Cool” Kid** – Ways to help your child learn how to stay “cool.” (Spanish/English)

Infants

- _____ **Calm A Crying Baby** – Practical and effective ideas for calming a distraught baby.
- _____ **Loving Your Fussy Baby** – Ideas on what you can do to handle a fussy baby.
- _____ **When You’ve Tried Everything to Calm a Crying Baby** – More tips on getting a baby to stop crying.
- _____ **Postpartum Depression** – Recognizing symptoms of PPD and where to get help.
- _____ **Speak Up When You’re Down** – Support for new mothers who might be experiencing Postpartum Depression
- _____ **Never Shake A Baby** – Resources and information for new parents & caregivers who are experiencing stress.
- _____ **Have A Plan** – Tips & techniques for calming a crying baby and preventing Shaken Baby Syndrome.
- _____ **Self-care Tips for New Parents** – How to take care of yourself while caring for a new baby.
- _____ **Support for Breastfeeding** – Information about resources to help prepare for and support breastfeeding.
- _____ **Breastfeeding Latch** – Suggestions to assist breastfeeding mothers with getting a successful latch when nursing.
- _____ **When To Feed Baby** – Tips for recognizing baby’s hunger cues and reassuring information about when to feed your baby.
- _____ **Solid Foods** – American Academy of Pediatrics guidelines for introducing solid foods.
- _____ **Sibling Rivalry** – A new baby can leave a big brother or sister feeling lost. Here are some ideas.
- _____ **Defined Fatherhood Lately?** – New expectations for fathers...it’s a good thing!
- _____ **A Guide for Expectant Fathers, Conscious Fathering Program** – tips on how to be a caring father. (Spanish/English)
- _____ **An Introduction for Parents to the WA State Early Learning and Developmental Benchmarks** – How to use the benchmarks to help your child be successful in school.

More Infant & Toddler tips available below from Elizabeth Pantley

Elizabeth Pantley (Elizabeth Pantley is a parenting educator and the author of numerous parenting books including No-Cry Sleep Solution; No-Cry Potty Training; and No-Cry Discipline Solution.)

_____ ***Separation Anxiety*** – Understanding and responding to baby’s anxiety about separation.

_____ ***Should Babies and Toddlers Watch Television?*** –

_____ ***Choosing Toys for Babies*** – A surprising list of appropriate playthings for baby.

_____ ***Get Your Toddler to Cooperate!*** – A positive approach to the toddler.

_____ ***Stop the Diaper Changing Battle!***

_____ ***Eight Sleep Tips for Every Child*** – Simple ideas that can make a big difference.

_____ ***First Born Jealousy*** - Help your older sibling adjust to the changes of a new baby.

_____ ***Interrupting***

_____ ***Potty Training – Ready, Set, Go***

_____ ***Potty Training – Readiness Quiz***

_____ ***Potty Training – Quick Facts***

Early Learning & Child Development

_____ ***Child Development Overview*** – Description of the different parts of development – social, emotional, physical, cognitive, and speech and language.

_____ ***An Introduction for Parents to the Washington State Early Learning and Development Benchmarks.***

From the Washington Department of Early Learning, a clearly written and easy to read guide to understanding and
_____ ***Washington State Early Learning and Development Benchmarks*** – Order or download from Department of Early Learning.

Raising Teens

Principally Speaking (The following fact sheets have been provided by Cline Fay Institute, 1990.)

_____ ***5 Secrets to Success***– Tips to help parents and teens communicate more effectively.

_____ ***Adolescent Back-Talk*** – Tips on supporting your teen’s independence.

_____ ***“And I Mean It!” Making Your Word Gold*** – The art of making enforceable statements to teens.

_____ ***Clothes, Looks, Friends & Music*** – Helping teens search for identity and individuality.

_____ ***Empathy Overpowers Anger*** – How to help teens deal with the consequences of their own actions.

_____ ***Giving Up Control Without Giving It Away*** – How to set limits and help children make appropriate decisions.

_____ ***It’s Okay to Catch Your Teen Doing Something Right*** – How to focus on your teen’s positive attributes.

_____ ***“No” Is Not a 4-letter Word*** – Using negative assertion to maintain the limits you have set for your teen.

_____ ***Reasonable Expectations for Adolescents*** – How to prepare adolescents for the “real world.”

_____ ***Things Teens Don’t Like to Hear*** – How to help teens accept responsibility for their own actions.

_____ ***Trying on New Hats -Why Teens Rebel*** – Ways to communicate with your teen about values.

_____ ***When Our Children Really Think*** – A description of the maturing process of your child’s thinking.

Other Raising Teen Publications

_____ ***Holidays and Your Teen*** – Deep breaths and a little humor are helpful during the holidays.

_____ ***Surviving the Teen Years*** – Practical tips and information from a Parent Trust staff member.

_____ ***Teen Rules: Safety Net or Butterfly Net?*** Establish rules that make sense for teens.

_____ ***Riding the Wave: Surviving the Teen Years*** – Yes, it’s normal teen development.

_____ ***Where To Turn for Teens*** – Pocket guide of resources for teens published by Teenlink.

Stress Management for Parents & Caregivers

- _____ *There is No Perfect Parent*
- _____ *The 10 Foot Rule (Also available in Spanish)*
- _____ *The 80% Rule*
- _____ *Decreasing Negative Self-Talk*
- _____ *Increasing Positive Self-Talk*
- _____ *One Problem at a Time!*
- _____ *Making "No" Easier*
- _____ *Take Ten! Stress Management Tips for Parents (Also available in Spanish)*
- _____ *Why is Self-Care Important?*
- _____ *Decompressing... (Also available in Spanish)*
- _____ *Physical Activity*
- _____ *Mini-Breaks and Micro Vacations*
- _____ *Nature Has a Calming Effect (Also available in Spanish)*
- _____ *Relaxation Space*
- _____ *Healthy Stress Management*
- _____ *Mental Rehearsal*
- _____ *Music for Relaxation*
- _____ *Progressive Muscle Relaxation*

Publication orders may be requested via fax, email, or post. Orders may take up to 14 days for delivery.

CALL THE FAMILY HELP LINE FOR MORE INFORMATION: 1-800-932-HOPE (4673)

Family Help Line Hours:
Monday – Friday.....9am to 5pm

