

Island County Parent to Parent Newsletter

June
2025

Are you anxious about meeting new people? Me too. Join us and engage as little or as much as you want. Check us out. No pressure.



PARENT to PARENT

2025

Summer Events & Activities

Island County Parent to Parent: All Ages, All Abilities Welcome!

Picnic in the Park



Picnic in the Park at Noon-1:30pm

- Freedom Park on Camano Island
Thursday, June 26
- Fort Nugent Park in Oak Harbor
Tuesday, July 8
- South Whidbey Community Park
Monday, July 28

Grab your lunch, the family, something to sit on and enjoy the afternoon with Parent to Parent. Meet us over by the playground. Look for the sign. Meet other families, set up playdates, and learn out more about Parent to Parent.

Bowling



Bowling for the Whole Family Marios Oak Bowl 11:30-1:00pm

Oak Harbor. **RSVP required**

- Monday, June 30
- Saturday, July 19
- Thursday, August 21

Great fun for all ages, all abilities. Bring the whole family. \$8 for 90 minutes and shoe rental. Scan QR code to RSVP
Special: slice of pizza and a soda for \$5.



June



July



August

Family Movies



Sensory Friendly Movies!

Oak Harbor Cinemas at 2:00pm

- Saturday, June 7—Lilo & Stitch
- Saturday, July 5
- Saturday, August 2
- Saturday, September 6
- Saturday, October 4
- Saturday, November 1

Watch a movie the first Saturday of the Month with others that will understand if your kiddo/adult doesn't sit still, makes some noises, needs quiet space, etc. Be around others that "get it". Lowered sound, lights on low, warning for any flashing lights, staff is aware & trained, intended to make the experience less overwhelming for all. Update on Film titles will be posted on our Facebook Page and in our newsletter as information becomes available.

Splash Park

Windjammer Splash Park, Oak Harbor Noon-1:30pm August 13

1600 S SW Beeksma Dr, Oak Harbor Bring your sunscreen, lunch and a blanket/chair. We will be on the grass mound near the splash park. Enjoy the sunshine and the beautiful view.

Questions? Contact Tiffany with Island County Parent to Parent Support & Resources for Special Needs Families. <https://www.islandcountywa.gov/198/Parent-to-Parent> (360)632-7539 call/text or email t.wheeler-thompson@islandcountywa.gov All events are subject to change/cancellation. Check our Facebook Page for up to date info. All Events are All Abilities, All Welcome!

Helpful Resources

Parent to Parent:

<https://www.islandcountywa.gov/198/Parent-to-Parent>

Informing Families:

<https://informingfamilies.org/>

DDA:

www.dshs.wa.gov/dda

DVR:

Mt Vernon (360) 429-3097
Everett: (425) 339-4880
www.dshs.wa.gov/dvr

PAVE:

(800)5-PARENT
<https://wapave.org/>



Want to know more about Parent to Parent? Check out our website and Facebook page.
(360)632-7539 Call/Text



First Dental Visit Guide

Meeting the Dentist

The first visit is about getting your child comfortable with the dentist.



There should be books, toys, TVs and other things to make children feel at ease



Your child will see pictures of their teeth and learn about special dentist tools



The dentist will go over good oral hygiene habits and the importance of it

Preparing for the First Visit

Prevent your child from making a fuss by following these tips.



Have another adult who your child is comfortable with come to the visit with you



Bring their favorite toy, a blanket or other familiar object to make your child feel safe

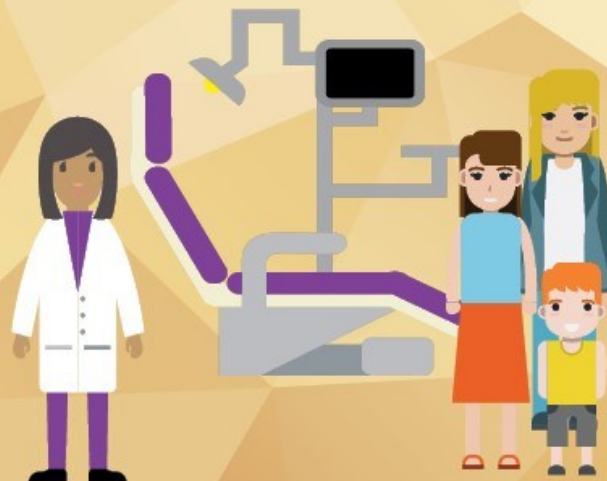


Fill out paperwork online, prior to the first visit to save time and make it easier

What to Expect

Your child will receive an evaluation of their teeth based on:

- how many teeth there are & should be present
- loose teeth
- cavities
- gum health
- bite habit
- tongue & speech
- fluoride use
- diet and health history
- home care & prevention



ORAL HEALTH RESOURCES

- **WA Directory of Dentists for Patients with Special Needs:**
info@wsda.org<https://www.wsda.org/public/special-needs-directory>
 - **How to Find a Dentist for Your Child with Disabilities**
 - Ask in support groups.
 - Ask your pediatrician.
 - Ask your child's current specialists which dentists they work with or recommend.
 - Then call, make a consult visit, and ask!
- **Access to Baby and Child Dentistry** (ABCD Program) (360)678-8281 www.abcd-dental.org
Island County contact: Public Health A dental program for children birth to age 5 with Apple Health for Kids (DSHS) that helps kids get early dental care.
- **Sea Mar Community Health Centers** (360)679-9216 Medicaid
Community-based organization committed to providing quality, comprehensive health
- **Oral Health for People with Special Needs** (206)616-6996
<https://doh.wa.gov/you-and-your-family/oral-health>
Educational Materials: Oral Health Promotions Cards and Brochures for Children and Youth with Special Needs oral health resources. Brochures are designed to be used with patients to discuss good oral health habits. Oral Health Fact Sheets for People with Special Needs. Fact sheets are for mild to moderate manifestations of a number of special needs conditions.
- **DECOD (Dental Care of Individuals with Disabilities)** (206)616-6996
Program at University of Washington
<https://dental.washington.edu/dept-oral-med/academics/decod-program>
DECOD (Dental Education in Care of Persons with Disabilities) at the University of Washington School of Dentistry was established in 1974 to train dental professionals in providing dental care to persons with disabilities. DECOD provides approximately 3,500 dental visits per year to persons with disabilities. It is a major resource for Washington citizens who have developmental or acquired disabilities. UW Dental is a program of the School of Dentistry that treats persons with severe disabilities.
Approximately 70 percent have developmental disabilities (examples: intellectual disability, cerebral palsy, autism), the remaining 30 percent have acquired disabilities (e.g. traumatic brain injury, multiple sclerosis, stroke, ALS). The majority of patients are enrolled in Apple Health Washington state insurance.
- **Oral Health Services for Children and Adolescents with Special Health Care Needs: Resource Guide** <https://www.mchoralhealth.org/PDFs/cshcn-resource-guide.pdf>
- **Making Visits the Dentist Easier for People with Autism** <https://www.health.harvard.edu/blog/making-visits-to-the-dentist-easier-for-people-with-autism-spectrum-disorder-202106292513>
- **WA Directory of Dentists for Patients with Special Needs:** Email: info@wsda.org
<https://www.wsda.org/public/special-needs-directory>
- **Patients with Special Needs: UW** Resources for Patients and Health Care Professionals
<https://dental.washington.edu/dept-oral-med/special-needs/patients-with-special-needs/>

Have you checked out our website recently?

Oh boy, there is lots of new content, resources, information and more.

<https://www.islandcountywa.gov/198/Parent-to-Parent>

Hard copies of these resource guides, Family Toolkits and “Island County Transition: School-age to Adulthood In Depth Guide: English” are also available. Email t.wheeler-thompson@islandcountywa.gov. Provide your contact information to ensure a reply.

Island County Disability Resources

- ◆ Island County Disability Resource Guide: English and Spanish
- ◆ Island County Autism Resource Guide: English and Spanish
- ◆ Island County Autism Spectrum Disorder website.
- ◆ Island County Behavioral/Mental Health Resource Guide: English

Other resources: Ages & Stages

- ◆ P2P Resource Birth to Three
- ◆ P2P Resource Three to Six
- ◆ P2P Resource Six to Fourteen
- ◆ P2P Resource Fourteen to Twenty One
- ◆ P2P Resource Twenty One-Adulthood

Transition Support & Resources

- ◆ Transition Packet Info, Timelines and Checklists
- ◆ Transition IEPs, Services, Planning
- ◆ Transition DDA
- ◆ Transition Employment Support
- ◆ Transition HS vs College
- ◆ Transition Advocacy and Social Emotional
- ◆ Transition Resource Federal State Local
- ◆ Transition Legal and Financial Planning
- ◆ Transition Healthcare
- ◆ Transition-Toolkit PAVE

Island County Parent to Parent

Support & Resources for Special Needs Families in Island County

Tiffany Wheeler-Thompson ,Coordinator

105 NW 1st Street Coupeville, WA 98239

(360)632-7539 call/text

Email: t.wheeler-thompson@islandcountwa.gov

****Check us out on Facebook for up-to-date resources, information and activities ****

www.facebook.com/islandcountyparent2parent

We have resource guides on our website:

***Island County Parent to Parent Disability Resource Guide**

***Parent to Parent Autism Spectrum Disorder Resource Guide**

***Special Education Quick Guide**

***Island County Behavioral Health Resource Directory**

***Island County School Age to Adulthood Transition Guides**

<https://www.islandcountywa.gov/198/Parent-to-Parent>

All events are subject to cancellation or rescheduling. Check our Facebook Page before you head out to the event

