

Finding Resources for Your Child with Special Needs

Seattle Children's Center for Children with Special Needs | www.cshcn.org

Finding resources for your child with ongoing physical, developmental or behavioral health care needs can be a challenge. You may feel confused or overwhelmed, but there are organizations and people who can help you.

- **Children with Special Health Care Needs (CSHCN) Coordinators**, who are often public health nurses, refer you to services and resources, provide health information and help coordinate services for children with serious physical, developmental, behavioral or emotional conditions. To find your local CSHCN Coordinator, visit www.doh.wa.gov/Portals/1/Documents/Pubs/970-141-CoordinatorList.pdf
- **Department of Children, Youth, and Families (DCYF) Early Support for Infants and Toddlers (ESIT)** program provides services to children birth to age three who have disabilities or developmental delays. To get a referral for early intervention services for your child, contact your local **Family Resource Coordinator**. They can also help you get a free developmental screening and suggest other community resources. To find a Family Resource Coordinator in your county, visit www.dcyf.wa.gov/services/child-development-supports/esit

Other Parents and Caregivers who have gone through similar experiences with their child can give you tips, tell you about resources and give you support. Below are organizations that can help you connect with other parents and caregivers.

- **Parent to Parent (P2P)** can match you with a trained experienced parent who has a child with a similar diagnosis. They also offer information and education about disabilities, referral to services in the community, events and more. Find the P2P program in your county or region at www.arcwa.org/getsupport/parent_to_parent_p2p_programs.
- **Washington PAVE** is a parent organization providing support, advocacy, training and informational resources to empower families and individuals with disabilities. Visit their website at www.wapave.org
- **Washington State Fathers Network** connects fathers of children with special needs with each other and with resources, information, and education. Visit the Father's Network at www.fathersnetwork.org.

If you need help finding services for your child in your area- such as therapy, vision or dental - contact one of the organizations below. They also have online databases that you can search.

- **Washington Information Network – 211**
Dial 211 or visit www.win211.org/search/
- **WithinReach Family Health Hotline**
Call 800-322-2588 or visit parenthelp123.org. Bilingual staff speak Spanish and other languages are served through a language line.