

Family Resource Center

Providing information and support

Train zone
5th floor
206-987-2201



Have questions about your child's health?

- Staff can help you find information about diseases, conditions, safety, development, parenting and more
- Research reliable Web sites
- Check out books and videos
- Learn about support groups, classes and community resources

Need to stay connected to home?

- Computers with Internet access
- Wireless high-speed Internet
- Patient Web pages to stay in touch with family and friends
- Phones, fax and copier

Planning your stay at Children's?

We have information on hotels, restaurants, transportation, Children's services and Seattle-area activities.

To Learn More

- Family Resource Center
206-987-2201
(Train zone, 5th floor)
Staff available Monday to Friday from 9 a.m. to 6 p.m., and Saturday and Sunday from 9 a.m. to 1 p.m.
- Ask your child's healthcare provider
- www.seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.
- For Deaf and hard of hearing callers
206-987-2280 (TTY)

Want stress relief?

Massages for parents and caregivers are available.

Confused about car seats?

We offer education and hands-on car seat instruction for inpatient and emergency department patients.

Want to get involved?

Become a family advisor and represent family viewpoints, give feedback to staff and work on special projects. Call 206-987-3880 for more information.

Need the basics?

The Family Room is open 24 hours a day. Relax and enjoy:

- Kitchen with coffee and tea, vending machines and microwave
- Showers with soap and towels
- Laundry room with soap
- Toiletries and lockers
- Outdoor patio
- Resource cart, which visits inpatient units daily with a variety of resources, coffee, books and toiletries for families

Have a compliment or concern?

Contact Patient and Family Relations at 206-987-2550 (Spanish and English), fill out a blue comment card or e-mail family.feedback@seattlechildrens.org.