

# Family Resource Center

Providing education, information and support



5th floor  
Train zone  
206-987-2201

Staff available  
Monday - Friday  
9 a.m. to 6 p.m.

Saturday - Sunday  
9 a.m. to 1 p.m.

## Get information about your child's health

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

## Stay connected to home

- Computers with Internet access
- Wireless Internet (Wi-Fi)
- Phones • Fax • Copier
- Patient webpages to stay in touch with family and friends

**Plan your stay at Seattle Children's** with information on hotels, restaurants, transportation, hospital services and Seattle-area activities.

**Relieve stress** with a free chair massage for parents and caregivers.

**Relax in the Family Room**, a quiet seating area open 24 hours

## Take care of the basics

- Kitchen with vending machines, microwave, and free coffee and tea
- Private showers with soap and towels
- Laundry room and lockers

### **No need to leave your child's bedside**

The Resource Cart comes to the inpatient units every day. It is stocked with a variety of resources, books, coffee and toiletries for families. Listen for your unit desk's announcement of its arrival.

### **Ride home safely with our car seat program**

Education and hands-on car seat instruction is offered to inpatient and Emergency Department patients.

#### **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)