



Activities for Families

At Children's Hospital

Schedules for activities at the Playrooms, Teen Zone and Therapy Pool are available on each unit and clinic, at the greeter's desk at hospital entrances and at the Family Resource Center.

Family Resource Center

The Family Resource Center (FRC) has child health information, hospital resources, walking maps, pleasure reading, massage, fax and copy machine, Internet access, printers, phones, TV/DVD, free coffee and tea, vending machines and a large Family Room (open 24 hours) for patients, families and visitors. Visit the FRC in the Train zone, 5th floor. Open daily.

Playroom

The Playroom has activities, books, videos/ DVDs and special entertainment for patients and siblings. All children under the age of 10 must be accompanied by an adult. Volunteers are available during the scheduled play sessions to assist patients. For more information, visit the Playroom in the Train zone, 2nd floor, or call 206-987-4433.

Sibling Playroom

Children's has a free, supervised playroom for brothers and sisters. Children ages 3 to 11 who are toilet trained may stay for up to 2 hours at a time. For more information or to check availability, visit the Sibling Playroom in the Whale zone, 4th floor, or call 206-987-4433.

Teen Zone

The Teen Zone has activities for patients and siblings 12 to 21 years old, including access to Xbox, PS2, computers with Internet access and teen videos/DVDs. For more information, visit the Teen Zone behind the Playroom in the Train zone, 2nd floor, or call 206-987-4433.

Therapy Pool

The pool offers programs and swim times for patients, families and the community. For more information, visit the Therapy Pool in the Train zone, 2nd floor, or call 206-987-2547.

Local attractions

Passes and tickets to local attractions, movies and sporting events may be available in the Playroom at 206-987-4433. Call or visit for information about availability.

Activities for Families

To Learn More

- Guest Services
206-987-9330 or
866-987-9330
- Family Resource
Center 206-987-2201
(Train zone, 5th floor)
- Guide to Children's:
www.seattlechildrens.org/guide

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)

Burke Gilman Trail

The bicycle/pedestrian trail is west of Children's main campus and Sand Point Way. Ask a greeter for directions.

Laurelhurst Playfield 0.1 miles

NE 41st Street and 48th Avenue NE

Burke Museum 1.4 miles

17th Avenue NE & NE 45th Street
206-543-7907

Magnuson Park 1.7 miles

7400 Sand Point Way
206-684-4946

Metro Cinemas 1.8 miles

4500 9th Avenue NE
206-633-0055

University Family YMCA 1.9 miles

5003 12th Avenue NE
206-524-1400

Woodland Park Zoo 4.3 miles

5500 Phinney Avenue N
206-684-4800

REI Climbing Wall 5 miles

222 Yale Avenue N
206-223-1944

Seattle Center, Fun Forest 5.5 miles

305 Harrison Street
206-684-7200

- Space Needle 206-905-2100
- Children's Museum 206-441-1768
- Pacific Science Center 206-443-2001
- Experience Music Project 206-770-2700

Seattle Aquarium 6.6 miles

Pier 59 – Waterfront Park
206-386-4320

Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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