

# Activities for Families

---

## At Seattle Children's

### Family Resource Center

The Family Resource Center (FRC) is open daily and has:

- Showers and toiletries
- Lockers
- Laundry room
- Kitchen with free coffee and tea
- Child health information
- Information on hospital resources
- Fax and copy machines
- Computers with internet access and printers
- Phones
- Cell phone chargers
- Seating area open 24 hours for patients, families and visitors

Visit the FRC in River zone, level 7 by the Frog elevators.

### Inpatient Playroom

This playroom is for families who are staying in the hospital. It has activities, books, DVDs and special entertainment for patients and siblings. Children younger than 12 must be with an adult. Volunteers may be available during the scheduled play sessions to assist patients. Visit the Inpatient Playroom in the Mountain zone, level 4 or call 206-987-4433.

### Clinic Sibling Playroom

Children's has a free, supervised playroom for brothers, sisters and patients here for a clinic visit. Children ages 3 to 11 who are toilet trained (no pull-ups) may stay for up to 2 hours at a time. Younger children can stay if an adult is with them. Space is limited. Visit the Clinic Sibling Playroom in the Ocean zone, level 6 or call 206-987-4433.

### Teen Zone

The Teen Zone has activities for inpatients and their siblings 12 and older, including access to Xbox, foosball, computers with Internet access and DVDs for teens. Visit the Teen Zone behind the Inpatient Playroom in the Mountain zone, level 4 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 (level 4, Mountain zone) or call 206-987-2547.

Schedules for activities at the Playrooms, Teen Zone and Therapy Pool are available in each unit and clinic, at the entrance desks and at the Family Resource Center.

### To Learn More

- Family Resource Center  
206-987-2201  
River zone, level 7
- Ask your child's healthcare provider
- [seattlechildrens.org](http://seattlechildrens.org)

### Free Interpreter Services

- In the hospital, ask your 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.

## Activities for Families

---

### Mountain Play Park

This outdoor play park is open to all patients, families and visitors from 8 a.m. to 8 p.m. every day. Play is not supervised by staff. To access the park:

**Inpatients:** Take the Frog elevators in the River zone to level 4 and follow signs to the Playroom and Play Park.

**Clinic patients:** Take the Bear elevators in Mountain zone to level 4.

## Resources for stress relief

### Guided Mindfulness Meditation

Patients and families can join a mindfulness meditation session every Tuesday and Thursday from 12:30 to 1 p.m. in the Chapel and Meditation Room (level 3, River zone). Open to all patients and families, no advance registration needed. Call 206-987-2670 for more information.

### Yoga class

Reset with this free relaxed restorative yoga class intended to rejuvenate the body, calm the mind and reduce stress. No experience needed. Fridays from 9:30 to 10:30 a.m. Call 206-987-2201 or visit the Family Resource Center (level 7, River zone) to learn more and sign up.

### 20-Minute Chair Massage

A chair massage can help to reduce tension in the neck, back and shoulders. Call 206-987-2201, sign up on GetWell in your child's room, or visit the Family Resource Center (level 7, River zone) to learn more and sign up. Massages are available every Tuesday and Friday between 9 a.m. and 1 p.m. Only adult family members of patients are eligible.

---

## Local attractions

Passes and tickets to local attractions, movies and sporting events may be available in the Family Resource Center at 206-987-2201. Call or visit for more information.

	Location	Distance from hospital
<b>Burke Gilman Trail</b>	The bicycle/walking trail is west of Children's main campus and Sand Point Way NE. Ask at any entrance for directions.	
<b>Laurelhurst Playfield and walking trail</b>	NE 41st St. and 48th Ave. NE	0.1 miles
<b>Laurelhurst Community Center</b>	4554 NE 41st St 206-684-7529	1.0 miles
<b>Burke Museum</b>	17th Ave. NE and NE 45th St. 206-543-7907	1.4 miles
<b>Seattle Public Library Northeast Branch</b>	6801 35th Ave N.E. 206-684-75393	1.5 miles
<b>Magnuson Park</b>	7400 Sand Point Way NE 206-684-4946	1.7 miles

## Activities for Families

---

<b>University Family YMCA</b>	5003 12th Ave. NE 206-524-1400	1.9 miles
-------------------------------	-----------------------------------	-----------

<b>Woodland Park Zoo</b>	5500 Phinney Ave. N 206-548-2500	4.3 miles
--------------------------	-------------------------------------	-----------

<b>Regal Thornton Place 14 Movies</b>	316 NE Thornton PL (by Northgate Mall) 844-467-7342	4.6 miles
---	---	-----------

<b>REI Climbing Wall</b>	222 Yale Ave. N 206-470-4083	5.0 miles
--------------------------	---------------------------------	-----------

<b>Seattle Center</b>	305 Harrison St. 206-684-7200	5.5 miles
-----------------------	----------------------------------	-----------

- Space Needle ..... 206-905-2100
- Chihuly Garden and Glass ..... 206-753-4940
- Children’s Museum ..... 206-441-1768
- Pacific Science Center ..... 206-443-2001
- MoPOP ..... 206-770-2700  
(Museum of Popular Culture)

<b>Stone Garden Climbing Gym</b>	2839 NW Market Street 206-781-9828	6.5 miles
----------------------------------	---------------------------------------	-----------

<b>Seattle Aquarium</b>	Pier 59 – Waterfront Park 206-386-4300	6.6 miles
-------------------------	---	-----------

<b>Seattle Great Wheel</b>	Pier 57 206-623-8607	6.6 miles
----------------------------	-------------------------	-----------

---

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.

© 2020 Seattle Children’s, Seattle, Washington. All rights reserved.

4/20  
PI599