

# Parent Support Program

## For parents of children with special health needs

Parents of children with ongoing special health needs often express how helpful it would be to talk with another parent who has had similar experiences. Seattle Children's Parent Support Program can connect you with a support parent who has been where you are.

### How does the program work?

A parent who recently has learned about their child's health condition is matched with a trained support parent who has a child with similar health needs and family circumstances. A support parent provides:

- Emotional and non-judgmental support
- Practical information and community resources
- A sense of community

Once matched, your support parent will call you. Together, you will decide how often you would like to connect over a two-month period.

During that period, the program coordinator will follow up with you and your support parent regularly to talk about how the match is working and to offer additional support.

### How do I get connected with a support parent?

Contact the Parent Support Program coordinator at 206-987-1119 or email [parentsupportprogram@seattlechildrens.org](mailto:parentsupportprogram@seattlechildrens.org). They will ask you questions to learn more about you and your family, and explore what is important to you in a support parent relationship. For example, they may ask:

- What has your journey with your child been like?
- What is important to you when looking for a support parent match?
- What resources have you tried? What has worked? What has not?

### Is a support parent match always available?

Some of the medical conditions we see are very rare, so we may not be able to find a support parent of a child with the same condition. However, we will look for a support parent who has had a similar experience with a different diagnosis. Additionally, we can explore other options like support groups, online support forums and community resources.

### How do I volunteer to become a support parent?

Contact the Parent Support Program coordinator at 206-987-1119 or email [parentsupportprogram@seattlechildrens.org](mailto:parentsupportprogram@seattlechildrens.org). We will talk about requirements and upcoming trainings.

#### To Learn More

- Parent Support Program  
206-987-1119
- Ask your child's healthcare provider
- [www.seattlechildrens.org](http://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.

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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