

Improve your child's behavior

BIRTH TO 5 YEARS

How can I connect with my baby?

What is my baby saying?

How do I handle a tantrum?



PROMOTING FIRST RELATIONSHIPS (PFR)

BUILD CONFIDENCE AS A PARENT

Is parenting harder than you expected?

Contact us to participate in this evidence-based program, created at the University of Washington, that helps parents understand and connect with their children's social and emotional needs. The program consists of 10 to 16 weekly home visits which are 1-1.5 hours in length.

2 TO 7 YEARS

PARENT CHILD INTERACTION THERAPY (PCIT)

HELP YOUR CHILD BE SUCCESSFUL

Does your child have tantrums, problems listening, or doesn't follow directions?

Contact us to participate in this evidence-based therapy for families with children who struggle with behavioral challenges at home or school, adapting to changing family dynamics, or conflicts with parents. Sessions take place with a live coach in our Bellevue and Redmond offices. The program lasts 3 to 4 months with weekly attendance and homework. On-site sessions are 1-1.5 hours.

How do I discipline my child?

Why won't my toddler listen to me?

You can get help at YES no matter your financial situation. We accept most private insurance, Washington Apple Health, and we offer a sliding-scale fee payment schedule.

GIVE YOUR CHILD THE BEST START

www.youtheastideservices.org/services/ECBH



Youth Eastside Services (YES)

www.youtheastideservices.org

Email us: info@youtheastideservices.org

Call us / Llámennos: 425-747-4937