

## **Parent Guide: What to Do After a Mixed Receptive-Expressive Language Disorder Diagnosis**

### **Portland Metro Family Resource Guide**

**Prepared by**  
**Synapse Kids Speech & Language Therapy**

#### **Introduction**

*Learning that your child has a language disorder can feel overwhelming. The good news is that many supports and services are available to help children build strong communication skills.*

This guide highlights trusted programs and community resources for families in the **Portland metro area**.

#### **Early Intervention & Preschool Services (Birth–5 Years)**

Early intervention programs support infants, toddlers, and preschool-aged children who have developmental delays or disabilities.

Services may include:

- speech-language therapy
- developmental specialists
- family coaching
- preschool special education

Children in **birth to three** age range receive **Early Intervention services**, while children **ages three to five** may qualify for **Early Childhood Special Education (ECSE)** through their local school district.



These programs support communication, learning, and developmental skills before kindergarten and are typically **provided at no cost to families**.

## **How to Request a Developmental Evaluation**

If you have concerns about your child's language development, **you do not need to wait for a referral** to request an evaluation. If you have received a diagnosis for your child from a medical clinic or private practice, the ESCE program will likely do their own evaluation to establish need for services via their program.

Parents can contact their **local Early Intervention or Early Childhood Special Education program directly**.

### **Steps to request an evaluation**

1. Contact your regional Early Intervention program.
2. Request a developmental evaluation for your child.
3. A coordinator will schedule a screening or full evaluation.
4. If your child qualifies, a support plan will be created.

Children under age three may receive an **Individualized Family Service Plan (IFSP)**.

Children over age three may qualify for an **Individualized Education Program (IEP)**.

### **Early Intervention Agencies Serving the Portland Metro Area**

Families in **Washington, Multnomah, and Clackamas counties** are served by the following programs.

- **Northwest Regional Education Service District (NWRES D)**
- Website  
<https://nwresd.org>
- Address  
5825 NE Ray Cir  
Hillsboro, OR 97124



- Phone  
(503) 614-1428

### **Multnomah Education Service District (MESD)**

- Website  
<https://www.mesd.k12.or.us>
- Address  
11611 NE Ainsworth Cir  
Portland, OR 97220
- Phone  
(503) 255-1841

### **Clackamas Education Service District (Clackamas ESD)**

- Website  
<https://www.clackesd.org>
- Early Learning Services  
<https://www.clackesd.org/programs-services/early-learning/>
- Address  
13455 SE 97th Ave  
Clackamas, OR 97015
- Phone  
(503) 675-4000

## **Developmental Screening & Family Support**

### **Help Me Grow Oregon**

<https://helpmegrow-oregon.org>

Help Me Grow connects families with **developmental screenings, community resources, and local support programs.**

Families can call or complete an online form to speak with a **developmental specialist** who can help identify next steps and services.

## **Parent Advocacy & Special Education Support**

### **FACT Oregon**

<https://factoregon.org>

FACT Oregon helps families understand disability services and navigate early intervention and school supports.

They provide:

- parent education
- IEP guidance and training
- workshops and webinars
- connections with other families

### **Family Resource Centers**

#### **Swindells Resource Center (Providence)**

<https://www.providence.org/locations/or/st-vincent-medical-center/swindells-resource-center>

The Swindells Resource Center provides education and support for families of children with developmental differences.

Services include:

- parent education
- family workshops
- developmental resources
- support groups

### **Private Speech-Language Evaluation & Therapy Services**

In addition to school or early intervention evaluations, families may also seek **comprehensive evaluations through private speech-language therapy clinics.**

Private evaluations may offer:



- shorter wait times
- detailed assessment of language skills
- individualized therapy recommendations
- ongoing speech-language therapy services

Families sometimes use **both educational and private evaluations** to better understand their child's communication needs.

## **Libraries & Early Literacy Programs**

Libraries offer wonderful opportunities to build language through **books, songs, and play**.

### **Multnomah County Library**

<https://multcolib.org>

### **Washington County Cooperative Library Services**

<https://www.wccls.org>

### **Clackamas County Library Network**

<https://lincc.org>

Look for programs such as:

- storytime
- music and movement
- early literacy playgroups

These activities support:

- vocabulary development
- listening skills
- social interaction
- early literacy learning

## **Getting Started at Home**

Books That Support Language Development

Reading together is one of the most powerful ways to support language development.

Great interactive books include:

- Brown Bear, Brown Bear, What Do You See?
- Dear Zoo
- Where's Spot?
- Good Night, Gorilla

When reading with your child:

- talk about the pictures
- label objects and actions
- repeat important words
- pause and give your child time to respond

Language grows through **shared interaction**, not just reading the words on the page.

## **Supporting Language at Home**

Parents play an important role in language development.

Everyday routines provide natural opportunities for communication.

Simple strategies include:

- talking during daily routines
- reading books together
- expanding on your child's words
- encouraging play and conversation

Language grows through **interaction, play, and shared experiences**.

## **Learn More Language Strategies**

For practical strategies to support language development at home, visit:



Week 6 Handout: Oregon  
Family Resources

Synapse Kids  
Tel: 503 407 8156

[Email:Info@synapsekids.com](mailto:Info@synapsekids.com)

[Web: www.synapsekids.com](http://www.synapsekids.com)

<https://www.synapsekids.com/blog>

The blog includes guidance on:

- language development and milestones
- building language through play and routines
- supporting children with language delays and disorders
- strengthening the connection between language and literacy.