kiind.

What to do while waiting for answers



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About this guide



It can take time for a doctor to find the answers about what your child needs.



You can do things to stay strong and happy while you wait for answers.



It can be hard to know where to start.



Here are some things other parents found helpful.

Tips to support you

1



Talk to someone from the Kiind team. They are here to help you.

2



Keep working with your doctor and health care team.

3



Start writing down things about your child like:

- Medications
- What they like
- What they do not like
- How they talk or do not talk

4



Ask your doctor about Medicare support. Medicare can help pay for some health care costs.

5



Join a playgroup. Playgroups are a place where you can meet and play with other families.

6



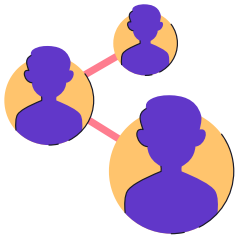
Join a toy library to borrow toys for free.

7



Join a class to learn how to help your child.

8



Find a group online or in person to connect with other parents like you.

9



Find fun things for your family to do together.

10



Talk to someone if you feel low. Kiind can help you find the right help.

Want to know more?



www.kiind.com.au



Call Kiind (08) 6164 9806



Email hello@kiind.com.au