Thriving Kids Family Checklist

You don't need a diagnosis to start. Check current details before you call.

1 Notice

- [ ] What my child loves
- [ ] What's hard right now
- [ ] What helps
- [ ] When and where
- [ ] My questions
- [ ] My note: _____

2 Call or check

- [ ] Phoneline 1800 882 436
- [ ] Autism Helpline 1300 654 789
- [ ] GP or Healthy Kids Check
- [ ] Kinder or school chat
- [ ] State support line
- [ ] My note: _____

3 Get ready

- [ ] Notes in one folder
- [ ] My Story Page
- [ ] Support Questions Card
- [ ] Someone to come with me
- [ ] Time for myself
- [ ] My note: _____

Where we live: VIC NSW ACT Other