

When to ask for help?

TOPIC:

When to ask for help?



WHAT:

It can be hard to know what is 'typical' for children and what is 'expected' and 'unexpected'. How are parents meant to know when something isn't 'normal'? Of course there is no hard and fast rule though there are some tips that might help.

HOW:

- Have regular contact with your GP or community nurse. They are often the first professionals families access and they have a good idea of what is 'typical' for children. Also if they know your child well they will also know what is 'typical' and 'expected' for your child.
- Talk to other Mums and Dads and ask if they are/ are not having trouble with the areas you are. For example, lots

of kids go through terrible twos and might not want to do things, however not all kids become inconsolable at the shops (everytime).

- Talk to your child's teacher or child care staff, as they are a great source of information and they are able to see your child in the context of their peers.
- If you are worried it is better to ask for help. You know your child best.

WHY:

If you are worried, it is important to follow some of those tips above or contact your health care professional. If they reassure you, great and if not they can point you in the right direction or help you to unpack what is happening/ not happening further.

Parents know their children best, so if you are concerned it is important that you talk to someone, as you know what is 'typical' for your child.

WHO:

Who can help?

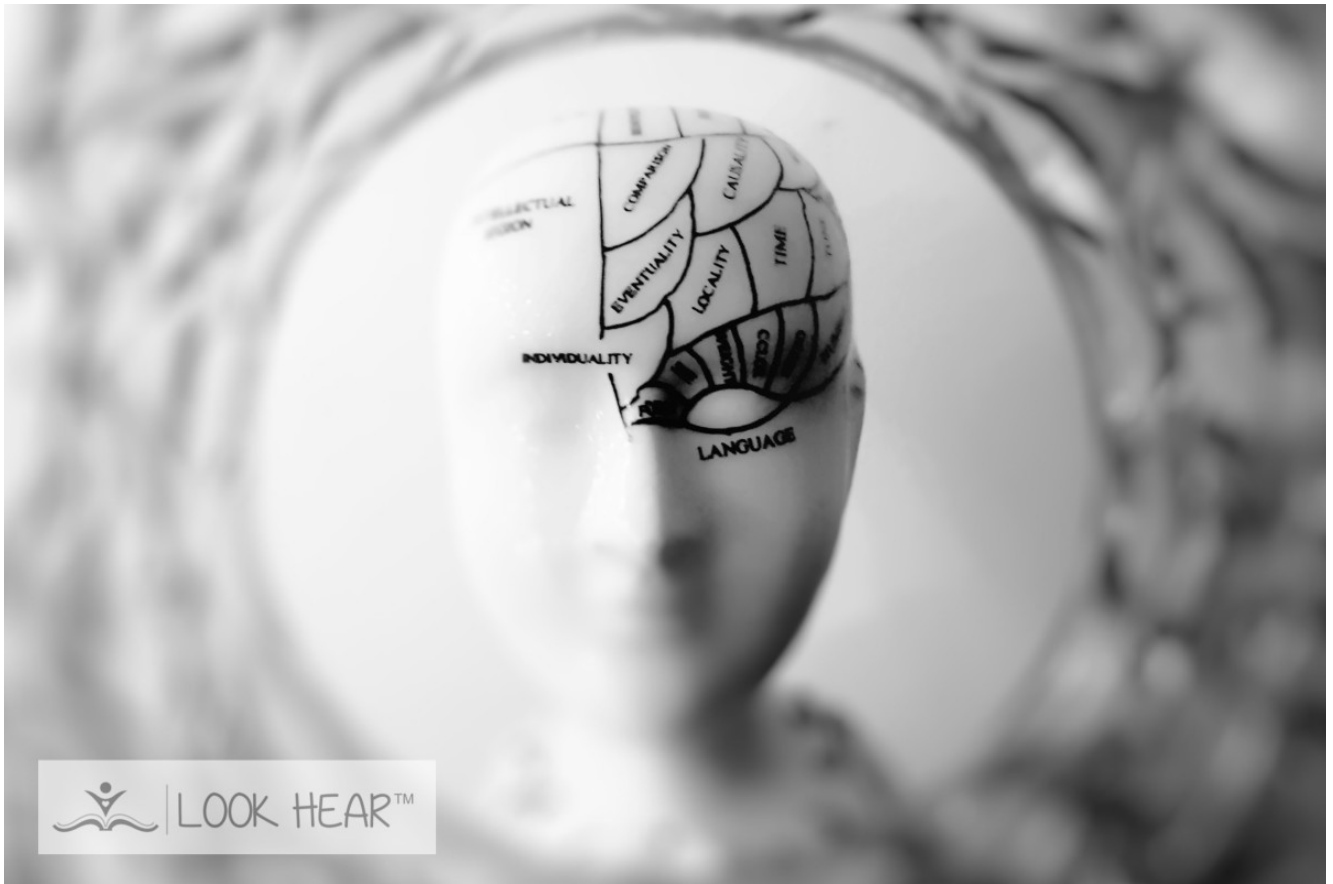
GPs, teachers, child care staff, other parents, OTs, Speechies, Psychologists, community nurses.

KEY TIPS:

If you are worried, ask the network around you. See if they are noticing the same things you are.

FURTHER INFO:

Take a look at the [Raising Children's Network](#) as they have great information about what is 'expected' at each age. You can also look at our [Behaviour page](#) for further information.



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