

## Connecting with other families



Getting to know other families with children with disability is a great way to build your information and support network.

Every family with a child with disability has travelled a unique journey, full of joys and challenges.

Connecting with other families who share similar experiences and who 'get it' can become a valuable source of emotional support and an important part of looking after yourself. Together you can share information and ideas, celebrate the joys and see how others approach challenges.

There are many ways to connect, so choose what works for you. You could meet in person, connect online or through a disability-specific group or association. Some groups provide information while others may offer emotional support or fun activities. It's worth exploring what these groups have to offer as you navigate your child and family's journey.

Joining a peer support group can help you feel more confident, capable and less isolated. Many families say it helps to smooth the road ahead and can lead to meaningful relationships throughout their child's life.

There are also many opportunities to meet other families in your local community through groups, libraries, events and activities which are open to everyone.

### Playgroups

Playgroups are a great way for parents and children to come together and have some fun. Playgroups are inclusive of all children. There are also a number of disability-specific playgroups, including PlayConnect for children with autism and playgroups with Auslan interpreters.

Find local playgroups

<https://www.playgroup.org.au/>

### Strengthening Parent Support Coordinators

Strengthening Parent Support Coordinators across Victoria help families with children with disability connect with each other and provide information about local services and support. Contact the Coordinator near you for information about connecting with other families in your local area.

Find your local Strengthening Parent Support Coordinator

<https://www.acd.org.au/strengthening-parent-support-coordinators/>

### MyTime groups

MyTime is for parents and carers of children with a disability, developmental delay or chronic medical condition. It's a place where you can unwind and talk about your experiences. It's a world away from appointments and therapy. A Play Helper is there to play with preschool children.

Find your local MyTime group

[www.mytime.net.au](http://www.mytime.net.au)

## Podcasts

Too Peas in a Podcast, by mum's Mandy and Kate who are both parents of twins with additional needs.

<https://toopeasinapodcast.com.au/>

NDIS Know-how Podcast, by mum Melanie whose young child is an NDIS participant.

<https://hireup.com.au/ndis-know-how/>

## Related topics

Getting started at child care and kinder

<https://www.acd.org.au/getting-started-at-child-care-and-kinder/>

Source Kids magazine

<https://sourcekids.com.au/>