



Who can help?

A guide to help you understand who can help and how

This guide explains who different service providers are and what they do. If you are worried about your child's development, talking to these people may help you and your child.

Teachers

Teachers help children learn skills like reading and writing, including children that need extra help, or learn and behave differently. Talking to the teacher can help them to plan for your child's learning.

Paediatrician

A Paediatrician is a medical doctor who specialises in the medical care of infants, children and teenagers.

Psychologists

Psychologists are sometimes called 'psychs'. Psychologists help people when they have trouble with thinking, learning new skills and behaving. They can help people when their emotions are hard to manage. Sometimes psychologists work with people in groups and sometimes they will talk to people by themselves. They often help parents learn new ways to teach their child about behaving and playing.

Speech Pathologists / Therapists

Speech Pathologists are sometimes called 'speechies'. They can help people to communicate. They can find out if a child is learning how to talk at the same rate as other children. Speech pathologists can help if there are problems with speech sounds/ words or the way they talk to different people. Sometimes they can help with reading.

Occupational Therapists

Occupational Therapists are sometimes called OTs. OTs can help your child cope with or understand the environment, i.e. fussy eaters, loud sounds. They can also help with things like toilet training, sleeping, getting dressed and playing with others. OTs can help with teaching big and small movements, such as writing, cutting, climbing and jumping.

Social Workers

Social Workers can help people to cope with problems and support them in difficult times. Social Workers can provide counselling and provide emotional support. They can help with practical supports too.

Audiologists

Audiologists help with hearing. They are specialists who can find out if people have hearing problems. They can help people to hear better.

Physiotherapists

Physiotherapists help people of all ages to move and function better.