

I'm on a similar journey too! What speech therapist did you use?

Did you spend any of your budget on respite breaks last year?



As seen on



• THE AUSTRALIAN

kidspet ≋honey





Acknowledgement of Country

I would like us to take time to breathe and connect as Kindship community, connecting ourselves to th eland we're meeting on, to people here today, and to our journey forward whilst acknowledging the land ceremonies and journeys of our First Nations people.

I invite you to think about the land that we are on. Think about your energy and how that energy today is connected to the energy of those that came before us.

I acknowledge the Kaurna people as the tradition owners of the land we meet on today, and respect their connection to country, to place, to stories, to language and to generational sharing.

We combine our Kindship values with those of our First Nations people.

Kindship is a free social networking app for parents raising children with delays, neurodivergence and disabilities.



A place to build friendships, find support, and learn from like-minded families on similar journeys.

How Kindship started.

"But, who is looking after the parents?"



"We believe that when parents are informed they are empowered. And when parents are empowered, they can change the world."

- Kindship founding principle

Built by and for parents raising children with neurodivergence, delays and disabilities.



Tara Thompson

Steph Wicks

Sandy Golder

Why Kindship matters

What we know about parents raising kids with disabilities

- 2.5 times more likely to have low well-being than the average Australian adult Source: <u>2021 Carer Wellbeing Survey</u>
- 41.2% are unable to maintain paid employment and 50.8% experience financial hardship
 Source: 2022 Kindship NDIS Impact Survey
- Spend an average of 4 hours per week navigating the NDIS. Source: 2022 Kindship NDIS Impact Survey

Carer burnout

86.3% experience anxiety



Carer burnout

86.3% experience anxiety

75.6% social isolation and disconnection



Carer burnout

86.3% experience anxiety

75.6%

social isolation and disconnection

73.6%

loss of identity



1 in 10 school students aged 5-18 have a disability.

www.aihw.gov.c

kindship



A bit about me.

My name is Sarah and I am 8 years old. Hove dramatic play and art and being around my family. I also have a diagnosis of Cerebral Policy and level 2 Autism.



searcing - Leve learning especially Maths and Reading Interesting - I neve securing expectancy sectors and reacting Determination - I will give averaging top and always try to factored Harmout - I have a family areas of harmout or and aim quick wheel Harmout phy - I have to employe in dramatic prior, respondly of home Creative - I have to be creative, whether its creative rate or orisotive writing Kind - Lam coring and kind Organised - I love being organised and getting things dure afficiently

MY CHAILENGES, TRIGGERS & STRUGGLES

Chooge - I livite of multire and con pet animul if theigs change or come up unexpectively. Transforms - Sometimes's struggle period to institution attended process or environments Reserver - Con get very animate come regime are pice up times receipe and function at school if I and Recently - While I may appear social it very enhancing for me, semestimes I earl be boury and have The read for hange to go my wery Repetitiveness - Lanugge when play ten't repetative. Upper limb - up sight hand makes everyday things difficult.

DOALS I'M WORKING TOWARDS

independence -) want to increase my independence with set help skills such as tolleting.

dimensional skills - Lam working on earling out of my lunch box, putting my points up and down, ghungs

Cutting Backal skills - I want to learn to incorpt and understandumy thends correstautions and roles in communication also approximate to be used to communicate effectively when Linn alruggling with a Communication - I want to be used to communicate effectively when Linn alruggling with a envolve tragger. Transitioner - Lecore to be oble to homoiton in the manning from my mum ecoler.

Connect

Connect with like-minded parents on similar journeys.

- Onboarding/screening
- Bio
- Journey



Share

Share the hard, joy and all the in-betweens of your parenting journey.

- Validation
- Understanding

9:41 Publishing post...



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anna4 in Therapy

at 12:12 pm

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Hey wonderful people! It seems there have been alot of questions in the app about anxiety with your kiddos. I wanted to share 4 easy way that visuals have made the world of difference in our house.

4 ways visuals

help us at home

Learn

Ask questions and share advice on topics that are important.

- Circles
- Information

Q Search for Circles, parents a	and posts
Posts Circles	Parents
Challenges	
 endence arents sharing	Join
Anxiety 94 parents sharing	Leave
Heightened emotions 80 parents sharing	Join
Puberty 38 parents sharing	Join
Sleep 36 parents sharing	Join
Diet 34 parents sharing	Join
	loin



Scan the QR code to explore. Available for iOS and Android







() kindship

& BREATHE ...

KINDSHIP CONNECT ADELAIDE Kindship Connect Meetups are a safe space to connect locally with parents RSVP FOR OUR FREE MEETUP NEAR YOU.





- Feeling more hopeful about the future
- Improved mental health
- Greater confidence in parenting ability



Something you have done well...

Something you can improve on...

Something you are grateful for...

Something you will do for yourself this week...