

Our Vision
Transforming children's lives

Our Mission
To help children flourish through
therapy and family support

Accessing our services

Families can contact us directly to access most of our therapy services. A referral from a doctor or other allied health professional is not required for our private services, but families need to meet eligibility requirements to access government funded programs.

Cost of services

The cost of service depends on the funding source, length and type of service required. Some therapy services can be partially claimed through Medicare if a referral for a GP / Team Care Arrangements Plan is made by a GP. Private health rebates may also apply. As a charitable organisation, the cost of Kids Are Kids! services are subsidised to be affordable for all families.

Payments and cancellations

Payment is required at the time of the service. Payment for assessments is required at the first assessment appointment. The assessment report will be released once full payment has been made. We require 24 hours notice for cancellation or rescheduling of appointments otherwise a 50% fee may apply.

Enquiries and appointments

We understand that the health system can be complex and we support families to understand which programs and services you may be eligible to receive. For further details about any of our programs or to discuss your child's difficulties and needs please contact us.

REACHING POTENTIAL TOGETHER

The Kids Are Kids! team is passionate about helping children and families.

Our dedicated team of qualified therapy professionals provide specialist therapy services including:



- Speech Pathology
- Occupational Therapy
- Physiotherapy
- Clinical Psychology
- Parent Workshops & Support

Kids Are Kids! is registered to provide supports for National Disability Insurance Scheme participants



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Managing Challenging Behaviour

www.kidsarekids.org.au

KIDS ARE KIDS!
THERAPY & EDUCATION CENTRE INC.

What is challenging behaviour?

Challenging behaviours create problems for children themselves as well as for those around them.

Challenging behaviours often include:

- Temper tantrums
- Physical aggression
- Verbal aggression
- Defiance
- Irritability
- Impulsivity
- Restlessness
- Hyperactivity
- Self control problems

Challenging behaviours may also be accompanied by signs of low self-esteem, discouragement, sadness and anger. While all children display challenging behaviours at times, some show these reactions quite frequently and with intensity, which then causes difficulties for themselves and those around them. Challenging behaviours in a child can also lead to fatigue, desperation and loss of confidence and low self-esteem in parents and caregivers.

Talk to someone who can help

Our specialist team of Clinical Psychologists, Occupational Therapists, Speech Pathologists and Physiotherapists can help you to understand the factors contributing to your child's challenging behaviours and help you to help them manage their behaviour more effectively, leading to happier children, happier parents and happier families.

Our therapists can help you to:

- Understand how unhelpful patterns have developed and how to change them
- Understand the needs and frustrations your child may be communicating
- Communicate more clearly with your child and be confident in your expectations
- Focus on positive interactions with your child
- Help you to manage discipline and praise
- Enhance your relationship with your child
- Increase your confidence in your parenting skills to manage challenging behaviours and promote your child's development
- Address any underlying issues contributing to the challenging behaviour such as speech and language, or sensory processing

Group programs

In addition to one-on-one services for your child, we can provide group therapy for your child to practice and learn important social skills.



Family Centred Approach

We are a family-centred practice, meaning that families are an integral part of the intervention team, and work with therapists to develop their child's skills together. This approach recognises the expertise of the family who knows their child's needs the best. The family and therapy team work together to set goals based on the family's objectives.

We can help you and your child to develop skills, regain confidence and self-esteem and support you to develop strategies to manage the challenging behaviours.

Following your initial consultation we are able to offer further services as you need. These may include:

- Ongoing one-to-one therapy sessions at our centre (for child and or parent(s))
- Home and school programs
- Consultation with classroom teachers
- Parent and teacher information sessions
- Family or couples counselling

Funding options

A range of payment options are available to families depending on your funding situation. Families may be able to access therapy support for managing challenging behaviours at no direct cost if you are eligible for a funded program through Disability Services Commission, BetterStart or Helping Children with Autism (funded by the Department of Social Services), or NDIS or My Way individual plans.

Medicare and Health Fund rebates are also available through a referral from a GP, Paediatrician or Psychiatrist. Families can also access our services privately through our Fee for Service Program.