

PSYCHOLOGY FOR *PARENTING SUPPORT*

Child focussed, but parent led.

Learn to read your kiddos tricky behaviours as clues to what they need. We'll learn skills, tweak routines, and tailor the home environment. Join from home, coffee in hand (and maybe a kid yelling in the background).



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**REGISTERED
PSYCH?**



**AFTER
HOURS?**



NDIS?



MEDICARE?

A FOCUS ON NEURO-FAMILIES

ASD, ADHD, PDA, Sensory and Learning Difficulties

Think shutdowns, meltdowns, and sensory overload. The never ending "No!". Persistent drive for autonomy (PDA) and low demand parenting skills. Parent burnout, stress, guilt, and decision fatigue. Attachment disruption and relational repair. The invisible labor of advocacy, appointments, and "being the expert" on your child.

REFERRAL GUIDE

1

GET IN TOUCH

(02) 4216 3788
hello@doyoumind.net
www.doyoumind.net
@doyoumind.psych



2

ORIENTATION CALL

A free 10-minute call to make sure I'm the right fit, answer any questions, and make sure you're ready to go.

3

THAT'S IT!

Take your time, I'm here when you're ready.