

哪些人可以幫助？

有助你瞭解誰人可幫助及如何幫助的指南

本指南說明有哪些不同的服務機構以及他們的服務工作。如果你擔心子女的發育成長，和這些人士交談可能對您和孩子都有所幫助。

老師

老師可幫助孩子學習閱讀和寫作等技能，包括需要額外幫助的孩子，或學習和行為與他人不同的孩子。與老師商談，可幫助他們為孩子的學習做規劃。

兒科醫生

兒科醫生是指專門從事嬰幼兒、兒童和青少年醫護工作的醫生。

心理學家

心理學家有時也稱為“心理師”。在思考、學習新技能和行為方面遇到困難時，心理學家可提供幫助。他們能幫助難以控制情緒的人。心理學家有時進行小組治療，有時會和患者單獨談話。他們經常幫助父母學習新方法來教育孩子行為和遊戲。

語言病理師/治療師

語言病理師有時也稱為“語言師”。他們能幫助患者溝通。他們能發現孩子學習說話的速度是否與其他孩子相同。若患者在語音/詞語上或者與不同人談話的方式上存在問題，語言病理師可提供幫助。有時他們也能幫助閱讀。

職業治療師

職業治療師有時簡稱為 OT。OT 能幫助孩子應付或理解環境，如挑食者、響亮聲音。他們也可以幫助如廁訓練、睡眠、穿衣及與他人玩耍等事情。OT 可幫助教導大小的動作，如書寫、切割、爬行和跳動。

社會工作者

社工能幫助人們處理各種問題，並在他們遇到困難時提供支持。社工可提供輔導服務和情感支援。他們也能幫助提供實際的支持。

聽力學家

聽力學家幫助矯正聽力的問題。他們是檢查人們是否患有聽力問題的專家。他們能幫助人們改善聽力。

物理治療師

物理治療師能幫助各個年齡階段的人改善活動能力和身體機能。



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.