



About MyTime groups

Each MyTime group is unique, but they all share the same purpose: to provide parents and carers of children with additional needs a safe, supportive space to connect and share.

Who groups are for

MyTime is open to parents and carers of children under 18 who need a higher level of care than other children their age. This may be due to disability, developmental delay, a chronic health condition, or other additional needs.

- A diagnosis is not required.
- Groups are not diagnosis-specific; members connect through shared experiences rather than a particular condition.
- At times, others closely involved in a child's life (like grandparents or babysitters) may attend as guests, provided it works for the group. Members always have priority if space is limited. Talk to your coordinator about the expected group size for your region.

Children at MyTime

MyTime is parent-focused, but preschool-aged children are welcome, provided a play leader is present. The play leader's role is to engage children in safe, age-appropriate activities while parents take part in group activities.

School-aged children generally cannot attend. As children get older, they are more likely to overhear sensitive conversations, and their needs are very different from those of preschool-aged children. This can reduce both safety and opportunities for parent connection. Your coordinator can guide you if a parent requests to bring an older child.

Tip: See the Guiding Principles Handbook for suggestions on how to talk with parents about children attending groups.

Attendance and safety

The wellbeing of members, facilitators, and children always comes first. While groups are



open to parents of children with additional needs, this does not mean every parent can attend.

- Parents must have at least one child under 18 with additional needs.
- Parents or children who behave in unsafe or unkind ways may not be able to attend.

If you have concerns about attendance or safety, talk to your coordinator and follow your organisation's policies.

When groups run

Groups are open-ended — there is no set finish date. Parents can join at any time. The schedule (including day, time, and frequency) should be decided in collaboration with your coordinator and group members, and then kept as consistent as possible. Predictability helps families feel confident about attending.

How groups are delivered

Groups can meet in different formats:

- **Face-to-face:** in local venues such as community centres, schools or neighbourhood houses.
- **Virtual MyTime:** delivered online via video call, reducing barriers for families who can't attend in person.
- **Hybrid:** a mix of face-to-face and online. If using this model, it works best when the whole group meets in the same format (all online, or all in person) to maintain connection.