Key terms

In this manual, you'll see the following terms:

Parents – refers to anyone in a parenting role. This includes biological parents, foster and kinship carers, and grandparents.

Carers – anyone who self-identifies as being in the caring role of a child with additional needs.

Members – parents and carers who are registered as a MyTime member.

Additional needs – any needs that affect a child's participation in everyday activities. These could be sensory, learning, physical or social-emotional needs. At MyTime, additional needs can be identified by parents – there is no need for a diagnosis or referral.

Guiding Principles – MyTime's guiding principles define the way we do things at MyTime. These principles capture the core values, attitudes and behaviours that are key to your role as a MyTime facilitator. Our Guiding Principles get a brief mention in this manual – but they have their own dedicated handbook. You can find it on the MyTime website here.

Key elements – these are the core components of MyTime sessions. They help members benefit from the program in different ways. The three key elements – time to check-in and connect, topic-focused discussions, and activities – are described in more detail in the Running MyTime Groups section of the manual.

Outcomes chain – The MyTime outcomes chain is an interactive tool that illustrates how the MyTime program creates positive outcomes for children and families. You can find it on the MyTime website here.