

New Parent Checklist

When becoming a new parent there are many aspects to consider, we have developed a checklist to benefit all new and expecting parents.

- Register your child's birth within 60 days.
- Send out birth announcements.
- Check your eligibility for Government financial benefits with Centrelink:
 - Family Tax Benefit A and B
 - Single Parent's Pension
 - Paid Parental Leave
 - Child Care Subsidy (CCS)
 - Additional Child Care Subsidy (ACCS) that you may be eligible for....
 - Additional Child Care Subsidy (transition to work) – to help low-income families transitioning from income support to work
 - Additional Child Care Subsidy (child wellbeing) – to help children who are at risk of serious abuse or neglect
 - Additional Child Care Subsidy (grandparent) – to help grandparents on income support who are the principal caregiver of their grandchildren
 - Additional Child Care Subsidy (temporary financial hardship) – to help families experiencing financial hardship
- Adult Migrant English Program – AMEP.

Kidi Kingdom is an AMEP approved Service Provider, we can arrange, if required, free child care for clients that meet the English language tuition for eligible adult permanent migrants and humanitarian entrants who do not have functional English.
- Queensland Kindergarten Funding Scheme (QKFS).

For child/ren that are enrolled in our Kindergarten Approved Program, you may be eligible for a reduction in your fees under the QKFS Plus Kindy Support where a family meets the criteria
- Add your baby to your Medicare Card and Private Health Fund.
- Arrange a post-natal health check for yourself 6 weeks after the birth. Discuss with your family doctor:
 - Breastfeeding / Bottle Feeding
 - Contraception
 - Emotional Health
- Arrange your baby's post-natal check-ups.
 - 1 to 4 weeks
 - 6 to 8 weeks
 - 6 to 8 months
 - 12 months
- Arrange your baby's vaccinations
 - 2 months
 - 4 months
 - 6 months
 - 12 months
- Check childcare and education options in your local area.
 - Register for waitlists
- Start postnatal pelvic floor and tummy exercises.
- Take a multivitamin and mineral supplement to boost your energy.

Talk to your medical professional before taking any supplements.
- And of course do not forget to take regular pictures of your newborn.

