



HeartKids

HOW TO LISTEN TO PODCASTS



WHAT IS A PODCAST?

A podcast is an audio program. It's like listening to a radio show, but podcasts are available on demand, anytime from your smartphone, computer or other device. Podcasts are free.



WHAT IS THE HEARTKIDS PODCAST?

From the Heart explores stories of Australians impacted by CHD. We know the CHD journey can feel isolating sometimes, so we created this podcast to share more stories from our community, as well as updates from cardiologists and experts.



HOW DO I LISTEN TO IT?

- 1** Download a podcast player like Spotify or Apple Podcasts (they are free)
- 2** Search 'From the Heart' from your chosen podcast app and look for our logo and show description
- 3** Start listening! Get some headphones or pop our podcast on through your car speaker and press play



WHAT NEXT?

Leave a rating

Let us know what you think by leaving us a rating. Leaving us a 5-star rating will help other people find the podcast.

Follow us

If you want to receive notifications when we post new episodes, you can choose to 'follow' the podcast on whichever app you're using. Or you can follow HeartKids on Facebook and Instagram for updates.