

Welcome Pack



STANDING **STRONG**®



WELCOME TO LITTLE
LIFE WARRIORS

Welcome Message

Welcome to Little Life Warriors & Standing Strong!

Hi and welcome!

We're so glad you're here. At Little Life Warriors, our purpose is simple—supporting children to feel strong in their body, confident in their mind, and connected in their heart.

We believe “it takes sun and rain to build a rainbow.” Just like every child, every family has their own journey, and we're here to walk alongside you.

Through play therapy, resilience programs, and early support, we create safe and creative spaces where children can:

- Celebrate their individuality
- Explore their emotions
- Build on their strengths
- Learn skills that last a lifetime

You're now part of our warrior family. Whether your child is joining a group, working one-on-one, or exploring play-based learning, know that they will be supported in a way that is respectful, nurturing, and neuroaffirming.

We look forward to getting to know you and your family. Together, let's help little warriors grow strong, brave, and connected.

With gratitude,
Alison Colville
Founder – Little Life Warriors
Early Childhood Teacher & Play Therapist



Alison Colville

**Founder/Early Childhood
Teacher/ Play Therapist**

About Little Life Warriors

"It takes sun and rain to build a rainbow."

Let me share a story with you... Three years ago, I was in a life-altering motorcycle accident. Recovery wasn't just physical—it became a journey of redefining who I was, what I stood for, and how I wanted to live and give back. During that time, I clung to a quote that changed everything for me:

"Warriors are not born, and they are not made. Warriors create themselves and suffering, and their ability to conquer their own challenges."

That quote became my compass. And from it, Little Life Warriors was born.

I'm Alison—a neurodivergent woman, registered Play Therapist, early childhood teacher, parent, and passionate advocate for children and their families. After decades working in education and early intervention, and walking beside my own neurodiverse child, I saw how many kids were misunderstood, how many families felt overwhelmed, and how desperately we needed safe, non-judgmental spaces where children could just be.

Little Life Warriors is that space.

every child. They are not here to be "fixed." They are already whole. But life brings challenges—and through play, unconditional acceptance, children can rise to meet those challenges in their own way. That's what makes them warriors.

Our philosophy is grounded in the powerful words of Garry Landreth: "Child-centered play therapy embodies a fundamental belief in the child's natural ability to grow and mature, fostering a deep trust in their capacity for self-direction."

We trust children. We listen deeply. We don't force. We invite.

We specialise in:

- Play therapy for all children, meeting them where they are.
- Early intervention support and parent- child connection

We embrace a neuro-affirming, trauma-informed, inclusive approach. There are no sticker charts here. No expectations to sit still or "behave." Just real humans holding space for real kids.

And the rainbow in our logo? It's more than just color. It represents everything we stand for:

1. Inclusivity – Everyone belongs here. All identities, all abilities, all families.
2. Growth through contrast – Just like rainbows need both sun and rain, we believe beauty is found in the mix of hard days and happy ones.
3. Celebration of individuality – Every colour adds richness. Life would be dull without it. We honour each child's uniqueness and help them do the same.

This practice, this space, and this mission are deeply personal to me. And if you've found your way here—whether as a parent, a child, or a fellow professional—you are welcome. You matter. And I'm so glad you're here.

With gratitude,
Alison
Founder – Little Life Warriors





THERAPIST PROFILE



Hi, I'm Alison a registered play therapist and early childhood teacher with 30 years working with children and supporting their development and advocating for play based learning. I am a Mum of two now grown-up children, having lived experience with one of my children being neuro diverse. I am passionate about all things play and sharing the amazing benefits of play therapy with families and educators alike.

I became a play therapist after recognizing an increase in the need for extra support for some children in my classroom, and in a large group I was frustrated at not being able to offer this extra support. I began training and working as a Play Therapist in 2022, became a fully registered Play Therapist in 2023, and established Little Life Warriors in 2024.

I am grateful for my opportunities to support all the amazing and unique kiddos through their journeys of emotional and social learning, creating a safe space for emotional expression and supporting parents and families in an accepting, understanding and non-judgmental environment.

- Diploma of Childcare (1999)
- Bachelor of Early Childhood Education (2004)
- Diploma of Business Management Community and Education (2015)
- Graduate Certificate in Play Therapy Studies (2023)
- Diploma of Counselling (qualifying 2025)
- Full Registration with Play Therapy Practitioners Australia (PTPA)
- Registration with Queensland College of Teachers #807543
- Student registration with Australian Counsellors Association (ACA)

"Enter into children's play, and you will find the place where their minds, hearts, and souls meet." — Virginia Axline

In Gratitude,
Alison x

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Play Therapy
PRACTITIONERS ASSOCIATION





PLAY THERAPY PARENT INFORMATION SHEET AND COMMONLY ASKED QUESTIONS

Welcome to Little Life Warriors Play Therapy. Below, you will find some details about Child Centered Play Therapy.

How can I explain to my child the reason for their visit?

- Let your child know that they will visit a unique playroom to see the therapist. Portray the playroom as a space where they can freely select activities. If your child inquires about the reason for the visit, explain that having a designated play area can provide support during challenging situations at school, home, with friends, or amidst changes at home. Customize this approach according to your child's age, situation, and needs.

Play Therapy Session Details

- Your child's Play Therapy sessions are scheduled either weekly or fortnightly, with each session lasting 45 minutes.
- A 1-hour slot is dedicated to your child's appointment to allow for smooth transitions, discussions, and packing up.!
- The frequency and duration of sessions are tailored to your child's developmental stage and specific needs, which will be determined during the initial meeting.
- Maintaining consistency in appointment times is essential to provide your child with a sense of predictability and security during their playtime.
- While we aim to be punctual, occasional delays may happen; in such cases, we will extend the session to ensure your child gets the full allocated time.
- If you are running late for a session, we will end at the scheduled time unless a rescheduling arrangement has been agreed upon in advance.

Parental Involvement during Play Therapy Sessions

- In the beginning, we kindly ask you to stay in the waiting room for the initial few sessions and then touch base with the therapist.
- If your child is calm and settled, you can take a short stroll while keeping your phone close by for accessibility.
- If your child needs hands-on help with toileting, we request that you stay in the reception area as our therapists are unable to assist with this.

Post-Session Communication with Your Child

- Instead of asking direct questions about the playroom experience, respond positively to what your child shares.
- Encourage your child's self-expression without delving into probing questions, honoring their comfort level in discussing the session.
- When your child shows you artwork, appreciate their effort and time invested rather than concentrating on the aesthetics.
- Every creation in Play Therapy is valuable, regardless of its appearance, as it represents a meaningful expression from your child.

Concerns about Child's Progress

If your child is encountering difficulties at kindergarten, preschool, or school, we are here to assist you by collaborating with teachers and other professionals in your child's life. This partnership enables us to explore the advantages of Play Therapy and acquire a deeper understanding of your child's academic, emotional, psychological, and social welfare. Prior to any communication, we will need your written consent to engage with the teacher and other professionals. Your comfort and comprehension are our main concerns, and we will offer feedback after these discussions.

Payment Process for Play Therapy Sessions

Typically, an invoice is created within seven days, and you can discuss payment options with your therapist. If you are using NDIS funding, payment information will be specified in your service agreement.

Requesting a Progress Report

You have the option to ask your therapist for a comprehensive report summarizing your child's Play Therapy progress, journey, and recommendations for continued support. These reports are created based on an hourly rate, and the completion timeframe will be arranged with you beforehand. For prompt delivery, kindly request reports with ample notice. In case of urgent requests, accommodations can be made depending on your therapist's schedule.

Teaching Play Skills

Our Play Therapy approach is centered around children, encouraging them to communicate through play, where toys act as their language. This counseling style, which is non-directive, aids children in managing their emotions and boosting their self-assurance, autonomy, and self-understanding. As children engage in this therapeutic journey, they naturally acquire social skills and age-appropriate play behaviors without explicit instruction on play techniques.

What communication can I/we expect regarding my child's Play Therapy sessions?

- Following the initial Play Therapy session, your therapist will reach out to share feedback on your child's progress and inquire about their well-being post-session.
- A comprehensive parent consultation will be scheduled after every 6 Play Therapy sessions or upon request.
- If any traumatic, concerning, or potentially disruptive events occur between sessions, kindly notify your therapist via phone or email.
- We value being informed about any positive changes observed in your child.
- Please avoid discussing the week before or after your child's Play Therapy session as it is their special time.
- For any concerns or questions between parent consultations, feel free to contact us. If the therapist is unavailable, leave a message for a prompt response.

What can I expect for my child in Play Therapy and will I be informed about their play activities?

- Every child is unique, so the Play Therapy approach will be customized to meet their specific needs and background.
- Although there are typical stages in the Play Therapy process, we will talk about them in the context of your child.
- Themes noticed during sessions will be communicated to you, along with advice on how to assist your child during their Play Therapy experience.
- To respect your child's freedom of expression, detailed accounts of their play are usually not disclosed.
- Play Therapy concentrates on fostering your child's inner development and growth, striving to nurture this aspect during the sessions.

Feel free to reach out with any further queries or concerns.

Child-Centered Play Therapy: A Closer Look

- Non-directive child-centered play therapy (CCPT) is a structured therapeutic method that capitalizes on children's innate communication and learning mechanisms.
- Play therapists employ play therapy to assist children in expressing their concerns when verbal communication is challenging.
- Within play therapy, toys act as the child's vocabulary, and play serves as their way of communication.
- Originating in the early 20th century, play therapy entails therapists guiding children to confront and resolve their own issues.
- Through participation in play therapy, children enhance their communication skills, express emotions, adjust behaviors, improve problem-solving abilities, and cultivate relational skills.
- Play provides children with a secure environment to delve into their emotions and convey age-appropriate thoughts.

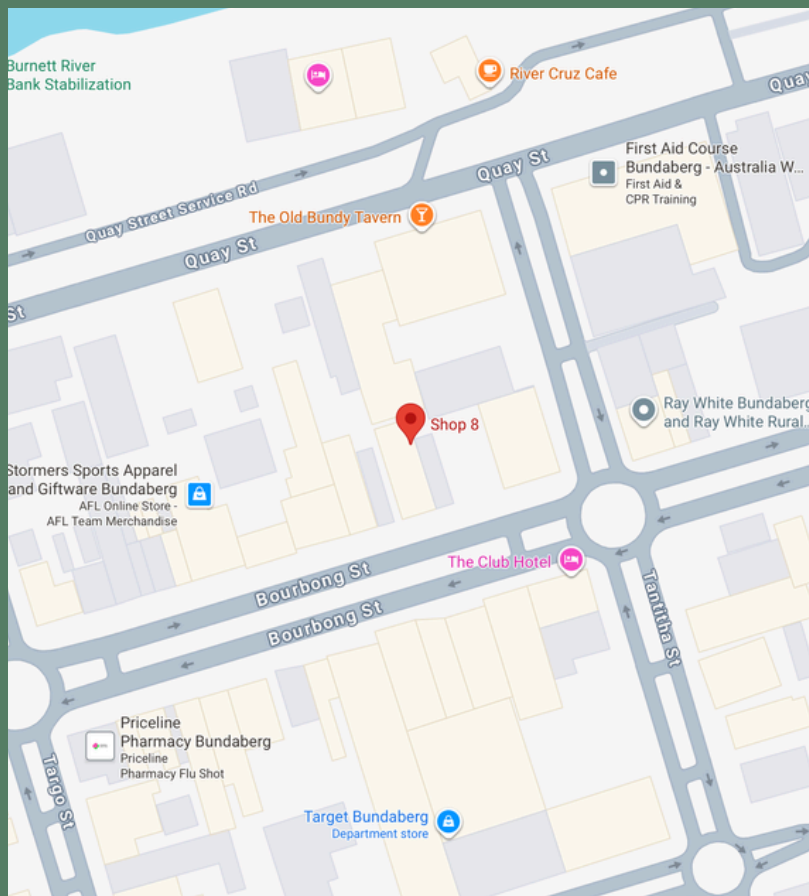
- While play therapy is ideal for children aged 2-12, adolescents and adults have also found value in play techniques.
- Studies demonstrate the efficacy of play therapy in addressing various social, emotional, behavioral, and educational challenges. Children facing life stressors such as divorce, death, relocation, illness, abuse, violence, or disasters can benefit from play therapy.
- On average, a child may require approximately 20 weekly play therapy sessions, with parental involvement enhancing the process as indicated by research.

Little Life Warriors Play Therapy

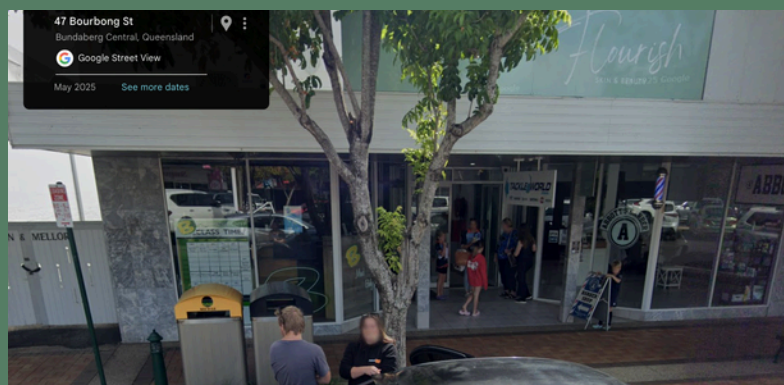
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We are located at Shop 8-47 Bourbong St.
Bundaberg.
(Down Saltys Tackleworld Arcade)



[Google Map Link](#)





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Bundaberg.

Child-Centred Play Therapy an Evidence Based Approach

Explanation of Child-Centred Play Therapy

Child-Centred Play Therapy (CCPT) is a non-directive therapeutic approach designed to provide children with a safe and accepting environment where they can express emotions, process experiences, and develop coping strategies through play.

Children often struggle to verbalize emotions and challenges in the same way adults do. Play serves as their natural language, allowing them to express and make sense of their world symbolically. In CCPT, the therapist follows the child's lead, observing their play themes and interactions to gain insight into their emotional needs.

Key Principles of CCPT:

- Unconditional Positive Regard – Creating a space where the child feels valued and accepted without judgment.
- Empathy and Reflective Responding – Helping the child develop emotional awareness by mirroring emotions and play interactions.
- Freedom within Structure – Providing opportunities for self-expression while maintaining clear, consistent boundaries for safety and trust.
- Child-Led Exploration – Allowing the child to process emotions at their own pace without direct guidance from the therapist.
- Self-Discovery and Emotional Growth – Supporting children in building emotional regulation, problem-solving, and social understanding through symbolic play.

Through this process, children can explore emotions, work through anxieties, build social confidence, and develop a greater sense of independence.

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The Critical Role of CCPT

Here are some of the critical ways CCPT supports children:

- **Language and Communication Development:** Through play, children are provided with the space and time to express themselves in ways that foster language development and communication skills. Play Therapy provides an accessible medium for children, particularly those with limited verbal skills, to articulate thoughts and emotions effectively.
- **Processing Experiences related to their disability:** CCPT enables children to process their negative or troubling experiences in a safe and non-threatening environment. It provides them with the tools to explore and manage complex emotions, helping to rebuild a sense of safety and trust.
- **Building Self-Worth and Confidence:** Through child-led sessions, CCPT nurtures self-confidence by celebrating children's agency and achievements within the therapeutic process. This fosters resilience and a positive self-image, which are critical to overall wellbeing.
- **Emotional Regulation:** The structured yet flexible nature of CCPT equips children with practical tools to regulate their emotions, helping them manage anxiety, frustration, or anger in a constructive way.
- **Interpersonal Skills Development:** CCPT promotes healthy social interactions by creating opportunities to explore relationships and practice interpersonal skills, such as empathy, cooperation, and conflict resolution.
- **Enhancing Independence:** By empowering children to lead the direction of their play, CCPT encourages autonomy and problem-solving skills, preparing them to navigate the challenges of daily life with greater confidence.
- **Improved Functional Capacity:** Whether in personal care, psychosocial functioning, or community living, CCPT strengthens children's ability to adapt and succeed in multiple areas of life.

The Evidence Base for CCPT

CCPT is one of the most extensively researched interventions for addressing the social, emotional and behavioural challenges faced by children, many of which may be associated with their disability for which they access the NDIS.

There are five comprehensive meta-analyses that validate the efficacy of CCPT, two of which are highlighted here:

- Bratton et al. (2005): Analysed 93 controlled outcome studies conducted between 1953 and 2000.
- Lin and Bratton (2015): Analysed 52 controlled outcome studies conducted between 1995 and 2010.

These studies confirm CCPT as an empirically validated and highly effective approach, offering statistically significant and meaningful improvements for children facing a wide array of emotional and psychosocial challenges.

Summary of Key Findings:

- Overall Effectiveness:
 - Bratton et al. (2005) demonstrated a large treatment effect size of 0.80, while Lin and Bratton (2015) reported a moderate effect size of 0.47. Both findings highlight CCPT's statistically significant impact on children's emotional and behavioural wellbeing.
- Developmentally Appropriate for Young Children:
 - CCPT is particularly effective for children aged 7 years and younger, with an effect size of 0.53. Its design as a developmentally responsive therapy provides young children with a natural medium of expression through play.
- Effectiveness Across Ages and Issues:
 - CCPT demonstrates adaptability and responsiveness across age groups, genders, and presenting concerns showcasing its adaptability and developmental responsiveness .
 - Key areas of impact include:
 - Global behavioural problems (effect size: 0.48)
 - Caregiver-child relationship stress (effect size: 0.59)
 - Self-efficacy and self-esteem (effect size: 0.63)
- Processing and Emotional Regulation: CCPT allows children to process experiences and complex emotions using play as a natural form of communication, especially for children who struggle with verbalising their feelings due to age or developmental limitations .
- Behavioural and Social Adjustment Improvements: CCPT is particularly effective in addressing behavioural challenges, enhancing social adjustment, and fostering emotional resilience, which are often critical concerns for parents, teachers, and caregivers .



Alison Colville

Play Therapist/Early Childhood Teacher/Early Years Key Worker
Founder
Little Life Warriors Play Therapy

Our Commitment to Child Safety

At Little Life Warriors, the safety and wellbeing of children is our highest priority. We are committed to creating a therapeutic environment where every child feels emotionally, physically, and psychologically safe. We believe that all children—regardless of gender, ability, neurodiversity, cultural background, or family structure—have the right to be safe, protected, and respected at all times.

This policy outlines our responsibilities and legal obligations under Queensland child protection laws, and how we respond to any concerns, disclosures, or suspicions of harm.

Our Guiding Principles

- Children have the right to feel safe, valued, and listened to.
- We act in the best interest of the child at all times.
- We respond to disclosures and concerns with sensitivity and seriousness.
- We comply with all state legislation and reporting obligations.
- We foster a culture of openness, transparency, and accountability.

Who This Policy Applies To

This policy applies to all:

- Play therapists
- Standing Strong Instructors
- Volunteers and student placements
- Contractors and visitors involved in children's programs

What Is Considered Harm?

Under Queensland legislation, harm to a child includes any significant detrimental effect on their physical, psychological, or emotional wellbeing. This may be caused by:

- Physical abuse
- Sexual abuse or exploitation
- Emotional abuse
- Neglect
- Family violence
- Exposure to harmful environments or behaviours

What Are Our Responsibilities?

All Little Life Warriors staff and instructors are mandatory reporters under the Child Protection Act 1999 (QLD) if you hold a professional role with children.

This means you are legally required to report reasonable suspicions of harm or risk of harm.

If you are not a mandated reporter by law (e.g. volunteer or support staff), you are still ethically required to report concerns to Alison (Director) immediately.

If a Child Discloses Harm to You

- Stay calm and listen without judgement.
- Believe them—you are not here to investigate, only to support.
- Avoid asking leading questions. Use open, gentle prompts:
- “Can you tell me more?” or “That sounds really hard—thank you for telling me.”
- Reassure them they did the right thing by speaking up.
- Let them know you’ll need to pass this on to someone who can help.
- Do not promise secrecy.
- Report immediately to Alison (Director) or the designated Child Safety Officer.
- Document the disclosure factually and sensitively using our Incident Report Form.

Reporting Process at Little Life Warriors

- All disclosures or suspicions of harm must be reported to Alison Colville (Director) as soon as possible.
- Alison will assess the report and take appropriate action, which may include:
 - Notifying Child Safety Services
 - Contacting QLD Police
 - Consulting with the Department of Education or other agencies if required
- Staff may be asked to assist with documentation or follow-up.

Privacy & Confidentiality

Information related to disclosures or child safety concerns is strictly confidential and only shared with those who need to know. This includes reporting authorities and relevant safeguarding staff. Breaches of confidentiality will be taken seriously.

Training & Awareness

All staff, contractors, and instructors will receive:

- A copy of this policy on induction
- Annual refreshers on child safety obligations
- Supervision and support around managing disclosures or complex behaviours

Creating a Culture of Safety

We don’t just respond to harm—we actively prevent it by:

- Building trusting relationships with children
- Being alert to changes in behaviour
- Respecting each child’s boundaries and communication style
- Using trauma-informed and neuro-affirming practices in every session
- Always practicing within safe, ethical, and professional boundaries

Remember

If you feel something isn’t right—**speak up**.

If a child tells you something that worries you—report it.

If you’re unsure—**ask for support**.

We are here to protect children together.

MY RIGHTS AT LITTLE LIFE WARRIORS

Every child who walks through our doors is a warrior – brave, strong, and worthy of love and respect,

Strong Body – My Right to Feel Safe

- I have the right to feel safe in my body and in my environment.
- I have the right to say “no” to touch that I don’t like.
- I have the right to rest when I need to and move my body in ways that feel good for me.



Strong Mind – My Right to Learn and Be Heard

- I have the right to ask questions, make mistakes, and learn in my own way.
- I have the right to be listened to when I speak or express myself, even without words.
- I have the right to think and feel differently to others.

My Right to Be Me

- I have the right to be proud of my culture, my language, and my family.
- I have the right to choose how I want to play or create
- I have the right to be included, no matter my ability, background, or how I communicate



My Right to Be Me

- I have the right to be proud of my culture, my language, and my family.
- I have the right to choose how I want to play or create.

I Understand my rights at Little Life Warriors:

Signed: _____



Respecting every story, protecting every voice.

Our Commitment

At Little Life Warriors, we are committed to safeguarding the privacy and confidentiality of all children, families, and team members. Trust is the foundation of therapeutic relationships, and we honour that trust by handling all personal information with care, respect, and responsibility.

This policy outlines how we manage private information shared with us, in line with legal and ethical requirements under the Privacy Act 1988 (Cth) and the Australian Privacy Principles (APPs).

What is Confidential Information?

Confidential information includes:

- A child's name, age, and personal details
- Family structure and circumstances
- Health, developmental, educational or support needs
- Case notes and observations
- Anything disclosed during therapy or program sessions
- Any identifying details shared in person, on paper, or electronically

How We Collect Information

We collect personal information through:

- Intake forms
- Parent or carer communication
- Therapy or group session notes
- Direct disclosures from children
- Reports or referrals from other professionals (with consent)

All information collected is necessary to provide safe, individualised, and effective support for each child.

How We Use Information

We only use confidential information for purposes directly related to:

- Delivering therapy or support services
- Communicating with families
- Coordinating care with approved professionals (with consent)
- Meeting legal, funding, or reporting obligations

We will always seek written consent before sharing any personal information with outside agencies, unless required by law (see below).

When We Must Share Information Without Consent

There are rare circumstances where we are legally or ethically required to share information without consent:

- If a child is at risk of harm or discloses abuse
- If we receive a court order or subpoena
- If information is required by a government body (e.g. NDIS audit)

In these cases, we will take every step to protect the dignity of the child and family, and share only what is necessary.

How We Store Information

We store client information:

- Little Life Warriors promotes sustainability and is paper-free, if an instance of paper files are required, these are uploaded to the secure password-protected platform and destroyed appropriately.
- On secure, password-protected devices and platforms (for digital files)

Access is strictly limited to authorised team members. We follow all data security protocols to prevent unauthorised access, loss, or misuse of information.

Your Responsibilities as a Team Member

As a Standing Strong Instructor, play therapist, or support worker at Little Life Warriors, you agree to:

- Keep all client information private
- Only share information with Alison (Director) or authorised staff
- Never discuss children or families outside of the workplace
- Not post or share client details or images on social media or in public
- Ask if you are unsure what you can or can't share

Any breach of confidentiality may result in disciplinary action or termination of employment.

Media and Photos

Photos or videos of children will only be taken or shared with written permission from parents/carers. Team members are not to take photos on personal devices or share images on social media unless directed and approved by Alison.

What If Someone Asks You About a Child?

Even if it's a well-meaning teacher, friend, or another parent—your response should always be:

“Sorry, I can't share anything. That's private.”

Questions or Concerns

if you're ever unsure about privacy or confidentiality, please speak to Alison Colville (Director). We are here to support you.

Every child. Every brain. Every way of being is welcome here.

Our Commitment

At Little Life Warriors, we embrace and celebrate diversity in all its forms. We are deeply committed to creating a therapeutic space that is inclusive, respectful, and neuro-affirming. This means recognising and valuing the unique ways children learn, communicate, connect, and experience the world—without trying to change who they are.

What Is Inclusion?

Inclusion means:

- Every child feels safe, seen, and accepted
- Programs are accessible and respectful of individual needs
- Differences are celebrated, not corrected
- All identities, cultures, and abilities are welcomed and affirmed

We value all neurotypes, communication styles, sensory needs, gender expressions, family structures, and lived experiences.

What Is Neuro-Affirming Practice?

Neuro-affirming practice honours neurodivergent children (e.g. autistic, ADHD, PDA, sensory processing differences, learning differences) by:

- Recognising their behaviours as communication
- Respecting their need for autonomy and regulation
- Supporting—not suppressing—their sensory and emotional needs
- Never using ABA-style compliance training or reward charts
- Listening to lived experience and following the child's lead

Our Inclusive Practice Looks Like:

- Child-led sessions: We don't force participation—we invite it. Safe sensory spaces: Our environments are adaptable, with access to movement, quiet, and tactile regulation. Flexible communication: Children are welcome to use words, sounds, movement, visuals, play, or silence.
- Respecting stims: We never stop or shame self-regulatory behaviours like flapping, pacing, or fidgeting. Celebrating identity: We affirm each child's culture, pronouns, family, and personal expression. No punishment: We do not use time-outs, shame-based language, sticker charts, or behaviour correction tools. Partnership with families: We trust that caregivers are the experts in their child's life.
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Staff Expectations

All team members at Little Life Warriors agree to:

- Use strengths-based language
- Practice cultural humility and curiosity
- Seek to understand before correcting or redirecting
- Learn about neurodiversity and stay open to new perspectives
- Reflect on their own biases and language use
- Ask for support or supervision if unsure

We Do Not...

- ✗ Use shame, threats, bribes, or forced compliance
- ✗ Force eye contact, participation, or “expected behaviour”
- ✗ Refer to children as difficult, defiant, or resistant
- ✗ Compare children to peers or neurotypical standards
- ✗ Refer to neurodivergence as something to be fixed

How We Talk Matters

Say this:

- ✓ “He’s communicating in his own way.”
- ✓ “Let’s support her to feel safe first.”
- ✓ “He needs a sensory break—not discipline.”
- ✓ “All feelings are valid here.”
- ✓ “They’re not giving us a hard time—they’re having a hard time.”

Working Together

We are all learning. Inclusion and affirmation are not checklists—they are ongoing commitments. We hold space for honest reflection, feedback, and growth.

If you ever feel unsure, overwhelmed, or out of your depth—please ask. We are here to support you as we create a place where every child feels they belong.

At Little Life Warriors, we don’t just accept differences—we celebrate them. That’s how rainbows are made.

Child-Centered Play Therapy

Evidence-Based
2-12years
No referral Required

**Little Life
WARRIORS**

- **Child-Centred Play Therapy**
- **Outreach Play Therapy**
- **Teleplay Therapy**
- **CPRT Child Parent Relationship Therapy**
- **Educator Training**
- **LEGO Based Therapy**
- **Early Childhood Key Worker**

What is Play Therapy?

Ever wondered what Play Therapy is all about? Picture this: it's like a magical toolbox for child therapy, where toys are the secret language and play is their superpower! Skilled therapists dive into this world of play to help kids express their thoughts and feelings when words just won't cut it. It's like a fun, creative way for children to chat with their emotions!

Could Play Therapy benefit my child?

Studies show that play therapy is effective for children dealing with various social, emotional, behavioral, and learning challenges, such as:

Anxiety, Divorce, Trauma, ADHD, Autism Spectrum Disorder, Death, grief, and loss, Chronic illness, Physical and/or sexual abuse, Domestic violence, Natural disasters, Social and relationship challenges.

Contact Alison:

 0498558415

 alison@littlelifwarriors.com.au

 1/20B Quay St Bundaberg.

 www.littlelifwarriors.com.au



"It takes sunshine and rain to make a rainbow. There would be no rainbows without sunshine and rain."



STANDING STRONG®

www.standingstrongclubs.com.au

Well-being & Resilience Program

At LittleLife Warriors, we believe that just like a rainbow needs both sun and rain to shine, children need a mix of support and challenges to grow strong. That's why we're proud to be the licensed provider of the Standing Strong™ children's wellness and resilience program in Bundaberg—a proven, evidence-based program designed to help kids thrive.

Why Resilience Matters

Resilience is more than just bouncing back from tough times—it's about developing the confidence, skills, and mindset to navigate life's ups and downs. In a world where kids face increasing pressures, resilience helps them:

- ✓ Build self-belief and a positive mindset
- ✓ Develop emotional awareness and healthy coping strategies
- ✓ Strengthen friendships and social skills
- ✓ Manage stress and anxiety in a safe, supportive way
- ✓ Feel empowered to face challenges with courage

What Makes Standing Strong™ Unique?

This program provides a fun, engaging, and uplifting environment where children learn through movement, discussion, and creative activities. It's designed to boost confidence, resilience, and well-being, helping kids feel more capable in all aspects of life.

If you want to give your child the tools to stand strong, stay positive, and shine bright, book them into a Standing Strong™ session today!



Standing Strong is a multi-award winning health and wellbeing organisation providing uplifting and empowering wellbeing programs for young people aged 5–18yrs. Every Standing Strong program incorporates three core components of:

- STRONG** Body – Movement
- STRONG** Mind – Mindset
- STRONG** Heart – Mindfulness

“It takes sunshine and rain to make a rainbow. There would be no rainbows without sunshine and rain.”



Each session focuses on one of 40 topics available and includes practical, discussion based, written, creative and mindfulness activities.

Growth Category

- Making New Friends
- Power of Reflection
- Cyber Smarts
- Leaving Your Comfort Zone
- Finding Your Voice
- Embracing Individuality
- Building Self Awareness
- Setting Boundaries
- Dealing With Copying
- Understanding Anger

Self-Care Category

- Body Appreciation
- Being Your Own Best Friend
- The Power of Gratitude
- Creating Kindness
- Friendship Changes
- Nutrition
- Embracing Self Care
- Boosting Self Esteem
- Importance of Self Love
- Working Through Stress



Motivation Category

- Building Confidence
- Choosing Happiness
- Making Decisions
- Attitudes Matter
- Giving Back
- Finding Motivation
- Reaching Goals
- Building Resilience
- Boosting Self Belief
- Values Matter

Support Category

- Dealing with Bullying
- Embracing Failure
- Finding Forgiveness
- Dealing with Change
- Loneliness vs. Being Alone
- Working Through Worry
- Dealing with School Pressure
- Understanding Dishonesty
- Understanding Jealousy
- Dealing with Sadness

Strong Little Ones 5-7years

Strong Juniors 8-10years

Strong Tweens 11-13years

Strong Teens 14-17years

Little Pre-Prep Warriors 3-5years

For More Information and Bookings:



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"It takes sunshine and rain to make a rainbow. There would be no rainbows without sunshine and rain."