

# Welcome Pack



STANDING **STRONG**®



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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







# Standing Strong Instructors

Meet Jana – Our Monday & Thursday Standing Strong Instructor!

We're so excited to welcome Jana to the Little Life Warriors team as our Standing Strong Instructor on Mondays and Tuesdays!

Jana brings over 20 years of experience teaching in schools across QLD and has a deep passion for supporting children's wellbeing, engagement, and success. Her heart lies in creating inclusive spaces where all children feel seen, supported, and empowered to thrive. Jana is a registered Early Childhood Teacher & certified Standing Strong Instructor.

Outside of the classroom, Jana is a proud wife to Lee and mum to 8-year-old Charlotte—and Max, her energetic (and snuggly!) dapple dachshund. She loves music, reading, spending time with family and her church community, singing, playing piano, and competitive rounds of netball and board games.

Jana shared,  
“Empowering children and communities to flourish really excites me.”

We're so lucky to have her wisdom, warmth, and playful energy at Little Life Warriors.



Meet Amaal – Our Tuesday & Saturday Standing Strong Instructor!

We're so excited to welcome Amaal to the Little Life Warriors team! She'll be running our Saturday Standing Strong classes, helping kids build confidence, connection, and resilience.

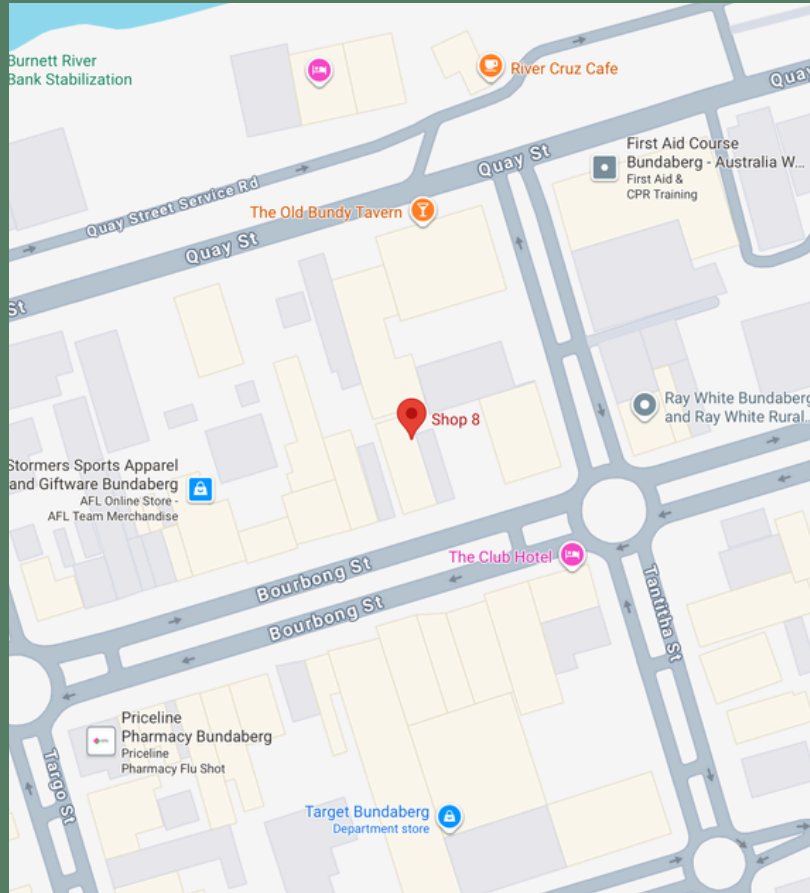
Amaal is a registered early childhood teacher, a certified Standing Strong instructor and is about to embark on studying to become a registered play therapist (watch this space for more play therapy availability soon!). She brings warmth, insight, and a deep understanding of what it feels like to grow up as the quiet kid who just wanted to be seen.

She's worked with children across both education and care settings and is a proud aunty to seven nieces and nephews—her biggest inspiration.

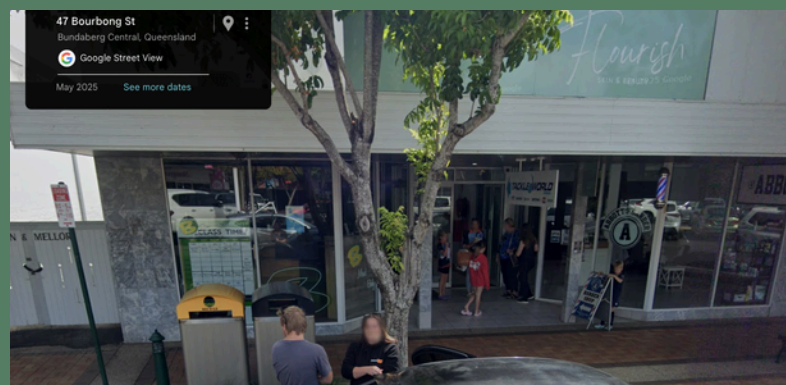
What drew Amaal to Standing Strong? In her words:  
“I wanted to be part of something real. Something that helps kids strive, build their inner strength and feel safe to just be themselves.”

Outside the playroom, she's a true adventurer! She's on a mission to visit 25 countries before she turns 25—with just 3 left and one year to go!

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



[Google Map Link](#)







STANDING STRONG®

[www.standingstrongclubs.com.au](http://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:**



**[www.littlelifewarriors.com.au](http://www.littlelifewarriors.com.au)**



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[alison@littlifelifewarriors.com.au](mailto:alison@littlifelifewarriors.com.au)



8/47 Bourbong St. Bundaberg.  
(Saltys Tackleworld Arcade)



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STANDING STRONG®

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# Little Pre-Prep Warriors

## Well-being & Resilience Program

Empowering Little Warriors Ages 3-5 Through Play,  
Connection & Confidence

At Little Life 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.



### What is the Little Pre-Prep Warriors Resilience Program?

The Standing Strong Pre-prep Resilience Program at Little Life Warriors is a unique, child-led experience designed for children aged 3-5 who are preparing for their first year of school. Through play-based learning, movement, storytelling, and emotional expression, children build strong foundations in self-regulation, social connection, and confidence — all while having fun!

We focus on the Standing Strong core values:

- 🧠 Strong Mind – thinking clearly and bravely
- ❤️ Strong Heart – connecting with kindness and empathy
- 💪 Strong Body – taking care of and trusting our bodies

### Why It Works

Our program is:

- Play-based – because play is how young children learn best
- Developmentally appropriate – tailored for the unique needs of 3-5 year olds
- Neuroaffirming – celebrating neurodiversity and honouring all ways of being
- Relationship-focused – supporting connection, safety and co-regulation
- Emotionally safe – creating predictable routines, choice, and voice for each child
- Facilitated by an Early Childhood Teacher with 28 years experience and Registered Play Therapist



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





## Topics We Explore

| Topic                                               | Focus Skill                               |
|-----------------------------------------------------|-------------------------------------------|
| 1. My Strong Body - Taking Care of Me               | Healthy habits, self-care, body awareness |
| 2. My Big Feelings - Learning About Emotions        | Naming and expressing emotions safely     |
| 3. Brave Like Me - Building Confidence              | Trying new things and believing in self   |
| 4. Calm and Strong - Finding My Calm                | Self-soothing, mindfulness, grounding     |
| 5. Friends and Kindness - Playing Together          | Social skills, sharing, empathy           |
| 6. I Can Do It - Problem Solving and Growth Mindset | Resilience, persistence, problem-solving  |
| 7. Safe and Strong - Setting Boundaries             | Consent, body safety, assertiveness       |
| 8. Goodbye and Hello - Handling Changes             | Transitions, routines, separation         |
| 9. Our Rainbow World - Celebrating Differences      | Identity, inclusion, and belonging        |



- Group or Individual Program Available
- No referral needed
- Private or NDIS Funded



**For More Information and Bookings:**



**[www.littlelifewarriors.com.au](http://www.littlelifewarriors.com.au)**



0498558415



[alison@littlelifewarriors.com.au](mailto:alison@littlelifewarriors.com.au)



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## What a Standing Strong Session Looks Like

Here's what happens in a typical Standing Strong session at Little Life Warriors:

- Each session runs with three core components:
  - **STRONG Body** – movement/physical activity
  - **STRONG Mind** – mindset work (thinking, values, decisions)
  - **STRONG Heart** – mindfulness, being in touch with feelings, empathy
- The topic for each session comes from a set of about 40 options. Some topics: confidence, resilience, dealing with change, self belief, finding motivation, friendship changes, working through worry.
- **Activities include:**
  - Discussions in small or whole group about how things feel, what helps, and what makes things harder.
  - Creative tasks (drawing, writing, arts) to express thoughts, explore topics.
  - Movement or physical games tying into wellbeing. For example games that build cooperation or self-confidence.
  - Mindfulness or breathing/relaxation components to help with emotion regulation.
- Sessions are practical. Children get tools they can use outside the session: ways to calm down, strategies to shift mindset, ideas for kindness, taking action on values, etc.
- Safe, supportive environment. Kids are encouraged to share, ask questions, and explore. There is no judgment. It's ok to have ups and downs.

## Frequently Asked Questions

Here are common questions parents ask. If yours isn't here, feel free to contact us.-

- **Can my child try a session first?**

Yes, we can arrange a trial so you both can see if it's a good fit.

- **What do I need to bring?**

Comfortable clothes, a water bottle. Maybe a notebook if they like writing or drawing.

- **Can Mum, Dad or Carer stay?**

Yes carers are welcome to stay, we have a space for waiting and having a chat to other parents. You are also welcome to drop off.

- **What if my child is anxious?**

We understand how scary coming to something new is, and encourage parents to stay until your child is ready to participate independently. We find that by 15mins into the session they are kicking you out!

- **Is NDIS or agency funding accepted?**

Yes, we can explore eligibility and help you see if funding options apply.

- **How big are the groups?**

Max 8-10 children per session

Pre-Prep class size is smaller (up to 4) to allow more support.





## Who Can Join & How It Works

Any child aged 3-17 who wants to build resilience, confidence or wellbeing. No special prerequisites. We welcome all neurotypes and use an inclusive neuroaffirming approach.

- Age groups:
- Little Pre-Prep Warriors: 3-5 years - 1hour
- Strong Little Ones: 5-7 years - 1hour
- Strong Juniors: 8-10 years - 1hour
- Strong Tweens: 11-13 years - 1.5hours
- Strong Teens: 14-17 years - 1.5hours
- Age ranges can be flexible to suit each child's needs.
- Casual attendance possible if there is space. Popularity can limit casual sign ups.

## Costs & Booking

- Sessions run per school term.
- Fees start from \$25/week (with payment plan options) depending on age group.
- Age fees for one past term (Term 3, 2025):
  - Little Pre-Prep Warriors (
    - 3-5 yrs): ~\$250 term or about \$30/week
    - Strong Little Ones (5-7) & Strong Juniors (8-10): ~\$200 term or about \$25/week
    - Strong Tweens & Strong Teens (11-17): ~\$250 term or about \$30/week
- **Payment methods:** EFTPOS, invoice (7 days), NDIS (depending on plans), Ezidebit payment plan.
- **Bookings** can be made on the website @ [www.littlelifewarriors.com.au](http://www.littlelifewarriors.com.au)

## Workshops

- From time to time special workshops and camps are offered, usually in school holiday periods. Keep an eye out in your emails for information. Workshops give children the opportunity to participate in more intensive resilience skill building.

## Family Resource Hub

When your child enrolls in the Standing Strong program you get access to an exclusive family resource hub, updated weekly with resources to continue the conversations at home. You can access podcasts, videos and activities to do at home. Little Pre-Prep Warriors children have access to our exclusive children's stories that can be accessed at home to continue the learning journey at home. You will receive a password to access this hub on enrolment.



## KIM HENWOOD - STANDING STRONG FOUNDER

“The dream for Standing Strong was to create a place where children could go to feel uplifted, inspired and supported, throughout the challenges and triumphs of growing up. The first idea for Standing Strong came in 2000, after going through my own struggles as a teenager. A few months after graduating high school, a chance encounter with a young girl helped me realise I wasn’t the only one who was struggling. That encounter ignited a dream to create a safe place where children could share their feelings without being judged. A place where they could let their guard down, feel heard and understood, while also being inspired to take charge of their lives. Today, as a mum of two young boys, I see Standing Strong through my ‘Mumma Bear’ eyes. I understand the importance of having a place like Standing Strong for our children. My goal is to continue building Standing Strong as a support network and community of strength for families to lean on, throughout the life changing journey of raising children.”

Kim Henwood - Standing **Strong Founder**





## 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.

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