



Thriving Kids

Advisory Group Report

Summary

Part 3





Australian Government

Department of Health,
Disability and Ageing

The Australian Government Department of Health Disability and Ageing wrote this.

We say **DHDA** for short.

When you see the word **we** it means DHDA.



We wrote this in an easy to read way.

We use pictures to explain some ideas.

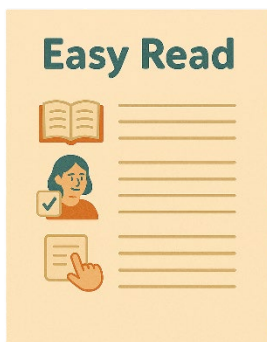
Bold

We have some words in **bold**.

Not bold

This means the letters are thicker and darker.

These are important words.



This is an Easy Read summary of another document.

This means it has the most important ideas.



We can answer any questions by email.

Email us

thrivingkidssecretariat@health.gov.au



You can ask for help to read this document.

You can ask

- A friend
- Family members
- A support person.



We recognise Aboriginal and Torres Strait Islander people as the **Traditional Owners** of the land we live on.



They were the **first people** to live on and use the

- Land
- Waters.

Contents

About this document	5
How to use Thriving Kids	9
Supports for parents	12
Extra supports for families that need them	16
Contact us	21

About this document



This is a summary of the **Thriving Kids Advisory Group** report.

We call them the **Advisory Group** for short.



An advisory group is a group of people who

- Share their **expertise**
- Go to meetings
- Help make decisions.

Expertise is knowing a lot about something.



The Advisory Group wrote a report about **Thriving Kids**.



Thriving Kids

- Are new supports
- Will be different to the NDIS.

It will support children who

- Are 8 years old and younger
- Have **developmental delays**
- Have autism
- Need some support.

It will also support families and carers.



Developmental delays are when

- Someone might be slower to **develop** than other people their age.

Develop means learning how to do things.

They might need extra help with

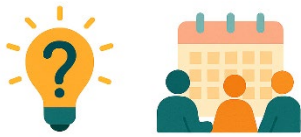
- Talking
- Moving
- Their emotions.



This document is split into 4 parts.

Part 1

Part 1 talks about



- Why we need Thriving Kids
- The Advisory Group.

Part 2

Part 2 talks about



- Who Thriving Kids is for
- Knowing when children need support.

Part 3

Part 3 talks about



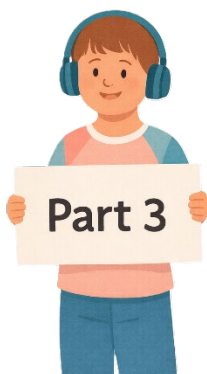
- Different kinds of Thriving Kids supports.

Part 4

Part 4 talks about



- Key workers
- Important community groups
- Other things that will work to help Thriving Kids.



This is **Part 3**.

How to use Thriving Kids



The Advisory Group said

- There should be lots of ways for people to use Thriving Kids.



These include

- A parent and carer website to get information



- A phone number everyone in Australia can call to ask questions



- **Universal Parenting Supports**

These are supports to help families

- Learn ways to help their child grow.

They help give them

- Skills
- Understanding
- **Confidence.**

Confidence means knowing you can do something.



- People should be able to find new supports with referrals from
 - GPs
 - Child and family health nurses.

They could come to services themselves if they think they need help.



Thriving Kids should also

- Support services to share information with communities.

This could help families

- Know about supports
- Get support early.

Supports for parents



Universal Parenting Supports are an important part of Thriving Kids.

These supports help families to be able to help their child grow.

Families will learn

- Skills
- Understanding
- **Confidence.**

Confidence means knowing you can do something.



They help people understand that

- Parents
- Carers

Are a child's first teacher.



Universal Parenting Supports should be

- Online information



- Short videos



- **Peer support** groups

Peer support is when people in a similar situation give each other support and advice.



- **Supported playgroups**

Supported playgroups are where

- Children can play together
- Parents can get some advice.



- **Parenting programs**

To help parents learn new skills.



- **Advocacy training**

Advocacy is when someone supports you to speak up for your **rights**.

Rights are **rules** about treating everyone

- Fair
- Equal.



Supports should be

- **Flexible**

Flexible means they can change easily for different people.



- **Accessible**

Accessible means it is easy to get.



- Done in places that are easy for families.



Thriving Kids should

- Have **evidence** that they work

Evidence is proof that something is true.



- Be checked to make sure they are working.

Extra supports for families that need them



Some

- Families
- Children

Will need **more** support.

The Advisory Group said they might need **Targeted Supports**.

Targeted Supports would also be under Thriving Kids.



Targeted Supports should be

- For a short time



- What is needed for the child and family



Targeted Supports should be services from

- **Speech pathologists**

Speech pathologists help people

- Talk clearly
- Understand other people
- Eat and drink safely.



- **Occupational Therapists**

Occupational therapists help people with everyday skills like

- Looking after their body
- Learning
- Social skills.



- **Physiotherapists**

Physiotherapists help people

- Move better
- Have less pain
- Be stronger.



- **Psychologists**

Psychologists help people with how they

- Think
- Feel
- Act.



- **Audiologists**

Audiologists are hearing experts.

They check your hearing.



Targeted Supports could be done

- With a child and their therapist



- In a group with a therapist.



They could be

- In person



- Online



- Somewhere else

Like

- Home
- Childcare centre
- In the community.



The Advisory Group said you

- Should **not** need a **diagnosis** to get Targeted Supports.

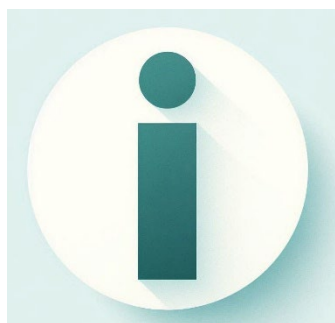
This means is it easy to get help.



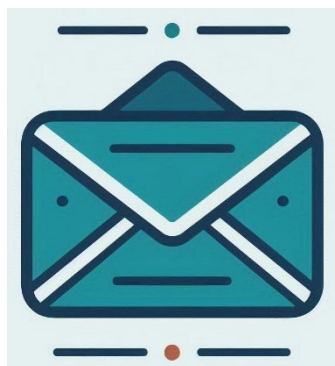
Diagnosis means the way we work out if someone has a condition.

It is done by a health worker.

Contact us



You can contact us if you **need more information**.



You can send us an email.

thrivingkidssecretariat@health.gov.au



You can look at our website.

www.health.gov.au/committees-and-groups/thriving-kids-advisory-group

Some images in this Easy Read were made using AI.

You must **not** share or copy any of the images without permission.

January 2026.