

Information for Parents

FAMILY AND
CHILD CONSULTANTS
INFO@FAMILYANDCHILDCONSULTANTS.COM
1300 789 649



**WHERE
COURAGE
GROWS AND
CHILDREN
SHINE.**



KIDS BRAVE HEARTS PLAY PROGRAM



The Brave Hearts Play Program is designed for children who feel anxious, shy, or struggle with school attendance. This booklet will help you understand how our gentle, play-based approach can support your child's confidence and wellbeing. We're here to partner with you and make every step a little braver, together.

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**Welcome to the Brave Hearts Play Program—
where courage grows and children shine.**

**If you're reading this, you may be concerned
about your child's anxiety, shyness, or
reluctance to attend school. You're not alone.
Many families face these challenges, and
seeking support is a powerful step toward
helping your child thrive.**



**This booklet is designed to guide you
through what to expect from Brave Hearts.
Inside, you'll find information about our
gentle, play-based approach, how sessions
work, and how we partner with you to
support your child's confidence and
wellbeing. We believe every child has the
potential to grow, connect, and feel brave—
one step at a time.**

**Thank you for trusting us to walk this journey
with your family. We're here to answer your
questions, celebrate your child's progress, and
offer ongoing support every step of the way.**



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Sometimes children struggle with anxiety, shyness, or going to school for many different reasons. Changes at home, worries about friendships, learning challenges, or simply feeling overwhelmed can all make it hard for a child to feel confident and safe. Every child's experience is unique, and with understanding and support, they can learn new ways to cope and feel more secure.



These challenges can show up in different ways. Sometimes children refuse to go to school, become very upset at drop-off, or complain of headaches or stomach aches. You might also notice your child withdrawing from friends, avoiding new activities, becoming unusually quiet, or expressing worries about everyday things. Every child is different, and these signs are often their way of asking for help and reassurance.

This program is built on the idea that all children, with the right support, can learn to manage their worries, build confidence, and find joy in new experiences. With gentle guidance and practical tools, every child can take steps toward feeling braver and more secure—at home, at school, and in the world.



First, you will meet with Niki Gent for an introduction session. Niki will take the time to get to know your family, answer your questions, and explain how the program works. This session is a chance for you to share your child's story and for Niki to offer reassurance, set goals, and ensure everyone feels comfortable.

At the end of the program, you'll have a concluding session with Niki Gent. She will review your child's progress, celebrate successes, and provide personalised strategies to continue supporting your child at home and school. You'll leave with practical tools, encouragement, and a clear path forward.



Throughout the program, your child will participate in six individual or sibling-based play therapy sessions with our specialist therapists. Each session is thoughtfully crafted with a specific goal in mind, tailored to your child's unique needs and strengths. Tina Chen conducts these fun sessions using playful activities, creative expression, and gentle guidance to help your child build confidence, express their feelings, and develop practical coping skills.

After each session, you will receive a brief report outlining what was achieved, the skills or strategies your child practiced, and any observations or recommendations. This regular feedback keeps you informed and involved, so you can celebrate progress and support your child's growth every step of the way.



Tina Chen

Bachelor of Community Services and a Diploma in Early Childhood Education
Previous experience as Team leader/Educator in a Autism-Specific Early Learning and Care Centre
Extensive experience collaborating with therapists, caseworkers, and families to create individualized support plans that foster independence, resilience, and life skills.

Niki Gent

Bachelor of Criminal Justice Master Social Work and Counselling. 25+ years experience working with children and families Australia wide. Recognised Trauma specialist and Principal Consultant and Clinical Leaded at Family and Child Consultants. Extensive experience in crisis intervention, and cultural awareness.

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Total Program Cost: \$879 (covers all 8 sessions: 6 play therapy and 2 parent/carer sessions)

Payment Options:

- **Full payment upfront**
- **Weekly payment plan available**
- **Afterpay accepted**



Make-Up Sessions:

- **If you need to reschedule a session, please provide at least 24 hours' notice.**
- **Make-up sessions can only be arranged with sufficient notice; missed sessions without notice may not be rescheduled.**

No Referral Needed: Families can enrol directly –no GP or external referral required.

If you have questions about payments or need support with scheduling, please contact our team—we're here to help!

Please note: There are limited spots available for this program, so we encourage you to enrol early to secure your place.

