

# Building Resilient Kids

with Children's Hospital Foundation



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## Did you know?

In Australia, it's estimated that **15-20%** of children and teenagers are neurodivergent, and **12.1%** of children and young people (aged 0 – 24) live with a disability.

Inclusion isn't something children should have to navigate alone – it's something they can all learn together.

### Top tips on how to build inclusive childhoods for all:

- 1 Being an ally is about action, not awareness.** Understanding difference is an important first step, but true allyship happens through action. Encourage children to speak up, include others, and look for ways to support people who may face barriers
- 2 Welcome curiosity.** Rather than shutting down questions, use them as opportunities to learn together. Respond with simple, age-appropriate explanations and help children understand that while everyone is unique, everyone deserves respect and belonging
- 3 Seek out diverse stories and experiences.** Books, media and real-world experiences can help children develop empathy and understanding
- 4 Focus on what kids need to thrive.** Whether it's extra time, sensory supports, communication tools or environmental adjustments, accommodations are essential for helping children feel safe, included and able to participate fully
- 5 You don't have to be a perfect ally, just a persistent one.** It's okay if you don't always know the “right” thing to say. What matters most is being willing to listen, learn and keep trying.



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## Want to know more?

Check out our resources – recommended for you by our diversity and allyship experts!

### Resources

- [Allies and Friends Toolkit \(ABC Kids Early Education\)](#)
- [Allies and Friends \(ABC iview\)](#)
- [Expand Your Library](#)
- [Play School: All Together \(ABC iview\)](#)

### Book recommendations

- *What Happened to You?* by James Catchpole
- *Our Skin* by Megan Madison & Jessica Ralli
- *Talking Is Not My Thing* by Rose Robbins
- *Listen* by Shannon Stocker
- *Lula and the Language of Tea* by Andrea Wang
- *Just Right for You* by Reframing Autism

