Queensland Kids Partnership
every child thriving

Three resources for building great childhoods together

Queensland Kids Partnership (QKP) is a partnership of people and organisations working to transform systems, so all young Queenslanders can thrive.

We bring people together to create change. One of the ways we are doing this is by supporting families, caregivers, workforces and communities to apply science-based knowledge, skills and tools for building healthy brains and bodies.

Below are a few of QKP's favourite resources. We can all start learning about and using these today – in our workplaces, in our communities and in our own homes.

Join our growing movement of people and organisations who are working together to create a fairer, healthier Queensland for every child and young person in every community.

qkp.org.au.

1 Tipping the scale is everyone's business

CHILDREN THRIVE when we all work together to boost resilience by reducing adversity, building skills and abilities, and adding positive supports. The **Resilience Scale** is a powerful tool to support learning and conversations about resilience.



1 **Principle 1: Reduce adversity**

2 **Principle 2: Build skills & abilities**

3 **Principle 3: Add positive supports**

Download our Resilience Scale Resource to find out more:

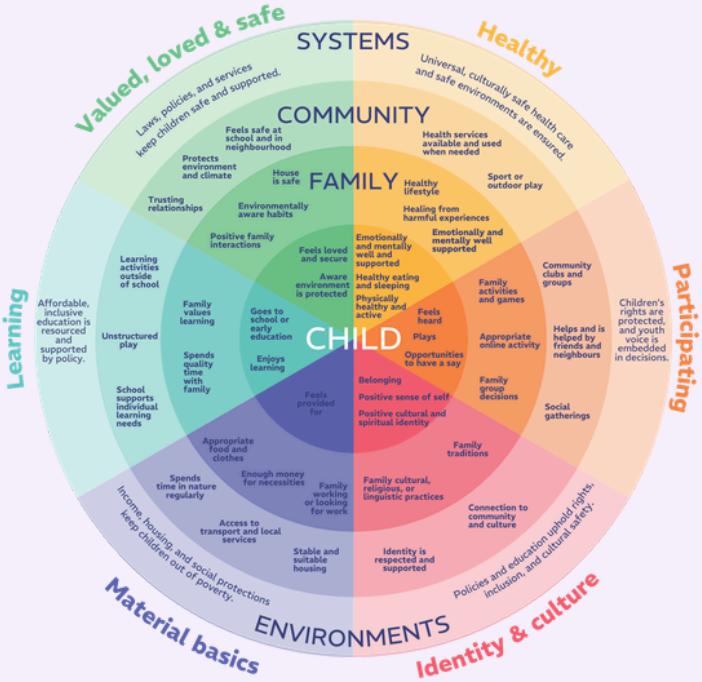
Adapted from the Resilience Scale by the Alberta Family Wellness Initiative.

2 The Nest Wellbeing Wheel

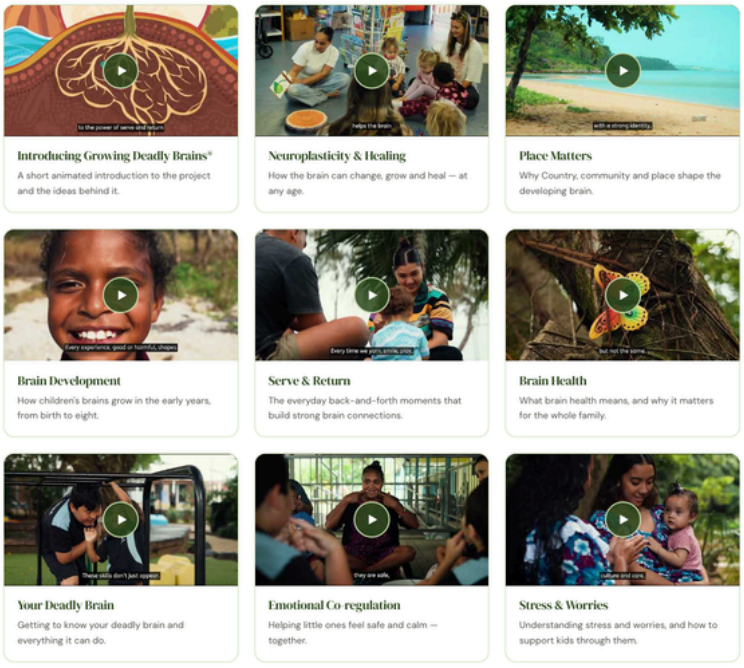
The Nest Wellbeing Wheel is a model which draws on Urie Bronfenbrenner's ecological systems theory. It shows the interconnected elements that support children's health and wellbeing - at the individual, the family, the community and the systems and environments level.

Find out more about The Nest and how you can use it to support your work.

www.aracy.org.au/the-nest/



3 Growing Deadly Brains



Growing Deadly Brains® is a First Nations-led initiative and collaboration between Yiliyapinya Indigenous Corporation and Queensland Kids Partnership that brings together and honours cultural knowledge and neuro-knowledge.

Visit the Yiliyapinya website to find factsheets, short videos and other resources – for families, caregivers and the practitioners who walk alongside them.

YILIYAPINYA
Brain health and healing for children, young people, and the workforce