

Little Sprout



Little Sprout is a four day program to build developmental skills for children under 7. Designed and delivered by allied health professionals.

Little Sprout is for young children (up to 7 years old) and their families. It aims to build essential developmental skills such as communication, sensory-motor skills, self-care, social interaction and everyday participation.

Our support is autism-specific.

Autism strategies

Each autistic child gets a 1:1 support worker for the majority of the program. We get to know the child and their goals, then suggest a range of strategies to support them to feel safe, regulated and able to learn new skills. Parents see strategies implemented and learn in real-time.

A range of activities

The program is designed by our Speech Pathologist and Occupational Therapist to be play-based, fun and build skills. It involves a balanced schedule with parent education, relaxation, time in nature, movement, play, sensory experiences and healthy foods.

Health and wellbeing

We ditch the screens and engage in simple activities for health and wellbeing. We love getting outdoors and enjoying nature.

Parent training and follow up support

Parents receive individualised autism training. They increase their understanding of autism and see strategies in practice.

A supportive family atmosphere

Little Sprout is delivered from our 100 acre property in Mansfield in regional Victoria. Each program is capped at 6 autistic children and their families. This creates amazing connections: autistic children meet each other, siblings have their own activities, and parents connect and share time together.

2026 dates

April 21-24 | October 27-30 | November 4-7

2027 dates

April 13-16 | November 8-12

"Absolutely amazing experience. Totally above and beyond our expectations. We feel hopeful again."



Key details:

- Little Sprout is run from our beautiful 100-acre property in Mansfield, Victoria for three nights, from Tuesday to Friday. Accommodation is in three-bedroom cabins with views over Mt Buller, with one cabin per family. Little Sprout is fully catered.
- Each autistic young person has a 1:1 support worker for the majority of the stay and engages in a range of activities. The activities are engaging and fun, and create many opportunities to try strategies and start to build skills.
- The program is designed and led by our Occupational Therapist and Speech Pathologist.
- Siblings are supported in small groups with other siblings (funded separately).
- Parents attend autism-specific sessions & workshops. They are also supported individually to learn effective ways to support their child, for example at mealtimes and during daily living routines.
- We build skills through play-based exploration and sensory activities. We also use core strategies such as providing schedules, visual supports, consistent and predictable routines and modelling.
- Little Sprout is for autistic young people up to the age of 7 years and their families.
- **NDIS funding:** Autistic children attending Little Sprout require funding in their Improved Daily Living budgets to cover Allied Health Practitioners.
- **Non-NDIS funding:** There are funding options available to subsidise the cost of food, accommodation and sibling support for parents and siblings. We help you apply for funding. If this is successful, families pay only a registration fee of \$100 plus \$90 in non-NDIS charges per child with autism.
- We align our services with the recommendations set out in the [National Guideline for supporting the learning, participation, and wellbeing of autistic children and their families in Australia](#).

Contact us!
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Mansfield Autism Statewide Services are committed to promoting and protecting at all times the best interests of children and young people involved in its programs. Any child having contact with Mansfield Autism Statewide Service, has the right to feel safe and be safe. The wellbeing of children in our care will always be our first priority and we have zero tolerance to child abuse.

Little Sprout Costs

Below are the NDIS costs for a family with one child with autism. We have flexibility to quote for other family situations. We recommend families that are plan-managed seek pre-approval from their plan managers before registering for peace of mind. We can provide quotes to help with pre-approval - please ask our team.

Total NDIS cost = \$6,926.70

**This service is generally funded from the Improved Daily Living budget.*

Out-of-pocket costs:

Family registration fee = \$100

Non-NDIS cost per child with autism (covers food) = \$90

Subsidised food, accommodation and sibling support

Families may be eligible for support from **Carer Gateway**. Carer Gateway provides free services and supports for carers. Upon application and approval, Carer Gateway may cover the cost of accommodation, meals, activities and sibling supports. Carers will be contacted by a Carer Gateway Assessment Officer, and funding may be provided based on individual needs and eligibility.

Other funding options are available for families who are not eligible for Carer Gateway support.



To register, visit autismmansfield.org.au

Information on this brochure is current from 22Jul26