

Play Therapy



What is Play Therapy?

Play therapy is a therapeutic intervention for children. It helps children and the important adults in their life to better understand their thoughts, feelings, and behaviours. Many children struggle to explain how they feel or why they are behaving in a certain way. In play therapy children will use the variety of toys and resources available to play about these things and express their feelings.

How can play therapy help?

- Children can learn to regulate their emotions better, leading to improved emotional wellbeing and behaviour.
- Children can play about difficult life experiences to build resilience for the future.
- Children can gain a toolbox of healthy coping strategies to help them at home and at school.
- Children can explore fears and worries safely through their play, which can reduce anxiety and fears. This can help with things like separation anxiety or fears around bedtime.
- Children can increase their self-esteem.
- Children can engage in sensory play which will help to meet their sensory needs.
- Children can begin to learn how to articulate their thoughts and feelings, helping the important adults in their life better understand their needs.
- Play therapy can help to foster healthy attachment between child and caregivers, strengthening the foundation for secure relationships.

What will happen?

The play therapist will meet with parent/ carer to hear more about their child. They will be interested to hear about the child's early years, current strengths, and challenges. There will be an opportunity for you to ask questions.



Your child will have their first session at school. This session will be 20 minutes. The play therapist will introduce themselves and explain what play therapy is. If your child is nervous, they can bring an adult with them from school.



Weekly session will then start. They will take place in school at the same time each week for 10-12 weeks. Each session will be 45 minutes.



Parents/carers will meet with the play therapist to talk about how things are going for their child. They will meet approximately every 3-4 weeks. The play therapist will share the main themes from the child's sessions and offer advice and strategies that could help at home.

Confidentiality: Your confidentiality and privacy are very important to us. The things that you and your child share with us will be confidential. The only time that we would have to share them is if we were concerned about your child or family's safety. We may also have conversations with other professionals who are working with your family, but we would make sure you are aware of this, and the information being shared in advance of the conversation happening.

