

CHILD DEVELOPMENT CENTRE

PLAY THERAPY



WHAT IS PLAY THERAPY

Play Therapy is a service offering advice and practical sessions to help parents to teach their children new skills through play.

WHY IS PLAY IMPORTANT

Play is important, as it is a child's "work". Play is essential to promote and encourage children to learn and acquire skills which they will need to control movements, hold and manipulate objects, to understand how things work and to develop their communication skills. Play also has a role in fostering appropriate social skills and emotional development.

WHICH CHILDREN MAY BENEFIT FROM PLAY THERAPY

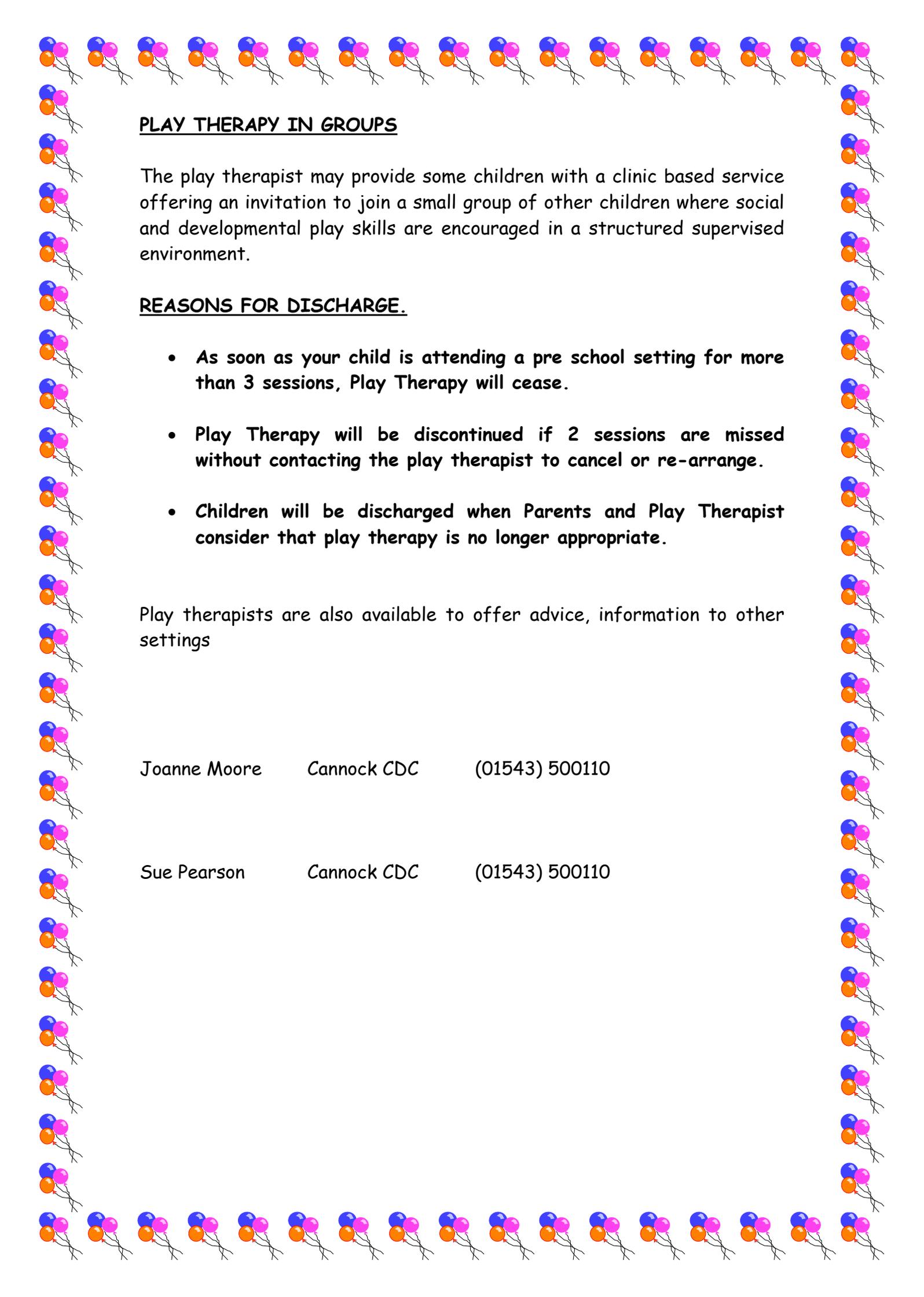
The criteria for acceptance for play therapy is: -

- Pre-school children aged between 18 months and 4 years old who may not be achieving their developmental potential.
- Pre-school aged children.
- Those children who attend less than 3 sessions per week in any play setting i.e. nursery school, social services nursery, pre-school play group, private nursery.

PLAY THERAPY AT HOME

Play therapy will be offered in blocks at home to demonstrate skills to parents. During these visits both the play therapist and the parent/carer will work together to plan and practice a play programme aimed at meeting the child's individual needs.

Progress will be recorded and monitored and aims will be set for the parent/carer to work on with the child during an agreed break. The play therapist will plan further sessions according to the needs of the child.



PLAY THERAPY IN GROUPS

The play therapist may provide some children with a clinic based service offering an invitation to join a small group of other children where social and developmental play skills are encouraged in a structured supervised environment.

REASONS FOR DISCHARGE.

- **As soon as your child is attending a pre school setting for more than 3 sessions, Play Therapy will cease.**
- **Play Therapy will be discontinued if 2 sessions are missed without contacting the play therapist to cancel or re-arrange.**
- **Children will be discharged when Parents and Play Therapist consider that play therapy is no longer appropriate.**

Play therapists are also available to offer advice, information to other settings

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