



WHAT IS PLAY THERAPY?

Little Explorers Play Therapy
LITTLE MINDS AT WORK

Play therapy is a specialised and developmentally appropriate therapeutic intervention that allows children to express themselves, process emotions and make sense of their experiences through play and creative activities in a safe environment. For children, play is their natural means of communication, where play is the language and toys are the words. Conventional talking therapies are often not suitable for children as they don't have the vocabulary to put their feelings into words.

Children tell us about their inner world through play long before they are able to link their experiences using language. In play, children can safely experiment with, process and master different skills and experiences. They form a sense of who they are and learn to understand that other people can be different from them. Through play children can build relationships and learn to trust, respect and empathise and share with people. Children may reenact challenging experiences, process trauma, release emotional burdens and develop strong coping strategies. Play therapy recognises the power of play on emotional well-being and uses it as a tool for healing and growth.

What are the benefits of Play?



Support conflict resolution



Improve Emotional Regulation



Build self-confidence



Strengthen academic performance



Enhance social skills



Reduce stress and anxiety



Supports independence and creation of ideas



Who can benefit from Play Therapy?

Every child can benefit from Play Therapy. More specifically, Play Therapy provides effective support for children or young people who experience various difficulties some of which include:

Speech or language difficulties

Behavioural difficulties
eg. aggression, depression, disruptive, withdrawn

Autism Spectrum Disorder (ASD)

Experienced a family breakdown, loss or bereavement

Having an illness, disability or family with a disability or illness

Emotional difficulties
eg: anxiety, depression, peer relationships, low self-esteem

Witnessed violence or substance abuse

Experience of trauma, abuse or neglect

A variety of other concerns

