

“THE BEST GIFT A PARENT (ADULT) CAN GIVE A CHILD IS TIME” - ANON

Dublin City Childcare Forum November 11th 2008 Atrium, City Hall

Play Therapy – PLAYING TO GET BACK ON TRACK

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What is Play Therapy?

Play Therapy is a way to assist a child who is experiencing persistent difficulty. It involves the child developing a secure relationship with an adult trained in play therapy, which will enable the child to play out the difficulty, with support for change from the adult.

When is it useful for a child to have play therapy?

When the child is experiencing persistent difficulty

Supporting children’s develop

THE BEST TOY IS SOMEONE TO PLAY WITH, ANOTHER CHILD OR MUM/DAD, A SAFE ADULT

Secure and appropriate relationships are the best support for a developing child. The people providing the relationships give time to the child, often through play. Play is the learning and communicating mode for children of all ages. Toys are tools for supporting this developmental process.

As an object they have no value but as symbolic tools children use them to help them learn about their world, themselves, learning about life and learning to manage the complexity of relating.

Children develop across a range of domains and toys which support development are those which can be used creatively and imaginatively for many types of development

Domain of Development	Types of Toys	How they support development
Physical Fine Motor Physical Gross Motor	Outdoor toys, swings, balls etc All forms of indoor activity support these domains of development	The provide healthy physical activity, Paints and crayons, paper, clay, hammers and wood, building blocks, balls, play dough, clay etc These are very good learning materials for developing fine motor control, mathematical skills and
Intellectual (Cognitive)	Any activity that enables learning, problem-solving, interaction etc	Any toys or activities that promote interaction with the materials, playmates, adults playing with and that support the development of imaginative skills
Language & Communication	The toys for this are interaction with peers, older children, Parents, other family members and other safe adults	Any interactive toys, any toys that can be used as symbols, e.g. Dolls, doll houses, transport toys, police cars, doctors sets, fire engines, etc
Emotional Development	This development takes place in learning about the self through interactions and responses in the world. It requires opportunities to experience and adults to support safe learning about how to manage experiences	Stories, role play games, puzzles, problem solving games and items that can be used to make stories like figurines, odd bits and pieces of safe everyday materials
Social Development	Opportunity to be with other children and opportunity to observe the world of adults in action	Promote social learning through developing concepts of rules, and they are fun
Spiritual	Opportunity to ask questions in the child’s own way	Parents and adults, peers
Play Development	Lots of time to play	Through play a child communicates and through play a child masters their world

Contacts

- To find a therapist for your child in your geographic area: playbodyireland@eircom.net
- To enquire about training as a play therapist: www.thechildrenstherapycentre.ie
- Or contact Anne using the contacts listed in the heading