



ILLINOIS CONNECTIONS FOR FAMILIES OF THE FALLEN (ICFF)



It is a form of parenting that uses play to communicate with and help people, especially children.

Mental Health agencies, schools, hospitals, and parents can use play therapy as a support for:

1. Behavioral problems
2. Anger management
3. Grief and loss

In Play Therapy, Children Learn ...

- to respect themselves.
- that their feelings are acceptable.
- to express their feelings responsibly.
- to assume responsibility for themselves.
- to be creative and resourceful in confronting problems.
- self-control and self-direction.
- to accept themselves.
- to make choices and to be responsible for their own choices.

LANDRETH, G. (2012). PLAY THERAPY: THE ART OF THE RELATIONSHIP.

<http://blog.playdrhutch.com/2014/02/20/children-learn-play-therapy/>

How to engage in play parenting?



This is adapted from play therapy, and is a useful technique for parents to engage with their children and promote social/emotional development.

1. Follow your child's interests - get down on the floor with your child and let them pick the toys/games that they want to play with. Talk to them and show interest in what they're doing.
2. Encourage your child to use all of their senses during their play - for example, when playing 'restaurant' pretend to see, taste, and smell the food.
3. Turn everyday routines into playful learning moments - for example, during bath time, play with water toys that can teach your child about animals, boats, swimming, etc.
4. Reflect their feelings - notice your child's facial expressions and reflect back to them how they're feeling. This helps them learn the words to describe their emotions. For example, "I see you're jealous that your brother is playing with that toy". Also show your child how you are feeling with your own facial expressions.
5. Allow your child to master skills - wait for your child to ask for help before you help them with something. This sends the message that you're confident in them and it builds their self-esteem.