



What to tell your children about their participation in play therapy

What to say:

This is your child's opportunity to fully express him/her/themselves in whatever way he/she/they need to in order to feel his/her/their best. A great way to introduce the process is to say something like, "You are going to have your very own special play time to do whatever you need to do to feel great". Most children do not need much more than this as an introduction. If your child does, you can add things such as, "The place where you are going has a room full of toys and you get to play with whatever you want. I also met the person you are going to play with and he/she/they are really nice and love to play with kids." If your child still shows resistance to coming, the best approach is to simply validate their feelings. You might say, "I hear that you do not want to go and I understand that you are a little nervous. It is really important for you to have your own special time, so we are going to go and check it out."

Here is another good reminder:

Your child's participation is a gift, not a punishment. If your child perceives this experience as a punishment for their behavior or if they feel that they are responsible for "fixing" any current issues, they will most likely be resistant to the process and it will take longer for them to develop trust with their therapist.