We think of Play as something that comes easy to children.

But many children do not develop pretend play skills naturally, and need some help.

## If your child:

- is socially unaware of others
- has difficulty with friends
- is anxious in social situations
- struggles in play with others
- has different or delayed language
- is neurodivergent (eg ASD, ADHD)
- or plays differently to peers

then Learn to Play therapy can help.



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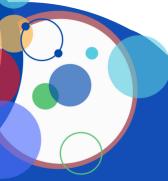
Angie is a Mental Health Accredited Social Worker and Child & Family Therapist who has been working with children and grown-ups for more than 25 years. She applies the wisdom of neuroscience and psychological therapies through the medium of evidence based Play Therapy so that counselling is fun.

## Learn to Play Therapy

Information for Parents & Carers



**Coffs Harbour** 



Suitable for children 18 months to 10 years Play is fundamental for healthy brain development and for building skills such as:

- problem solving
- collaboration
- empathy
- and creativity.

These are critical elements that contribute to children's life-long well-being and learning.



Please feel welcome to contact Angie directly to discuss whether your child would benefit from the Learn to Play program (or other accredited play therapy approaches).







The Benefits of Learn to Play



Feelings
Build emotion language
Identify emotions
Manage big feelings



Story telling
Build vocabulary
Develop narrative



Understanding

Problem solving Extended attention Logical sequencing

Social

Turn taking
Playing with others
How to do friendships

