

Learn to Play



Referral Information for General Practitioners, Early Childhood Educators & Support Coordinators

Play is fundamental for healthy brain development and for building skills such as:

- **problem solving**
- **cognition**
- **empathy**
- **social interaction**
- **emotion regulation**
- **language**

Learn to Play therapy is firmly based on the development of pretend play skills and is highly researched, with a strong evidence base of improved global developmental outcomes for children. It is ideal for children who have a developmental age between 18 months and 10 years, and:

- have difficulties playing with peers or siblings
- or have learning or language difficulties
- or may be anxious or awkward in social settings
- or would benefit from building their confidence and self esteem
- or are neurodivergent (ASD, ADHD, dyspraxia etc)*

* Our ND (neurodivergent) Centred Play Therapy may be more helpful. Please feel welcome to contact us.



Coffs Harbour
ph 0488 432 165 fax 02 8322 8076

The Importance of Pretend Play



Learn to Play is a unique intervention that builds children's pretend play abilities.

The contribution of pretend play to children's development is profound.

Also known as imaginative or make-believe play, pretend play produces tangible and documented benefits for the cognitive, social and emotional development of children, as well as the development of their gross and fine motor skills.

Complex pretend play skills contribute to understanding the world, the development of language and narrative, creativity and flexibility, representational thought, sequential thinking and social capacity to understand language and interpret non-verbal cues.

The ability to develop complex pretend play skills is vital to children's development, and is the reason pretend play underpins Learn to Play therapy.



About Learn to Play

Learn to Play is an individualised, one on one play therapy approach over 8-10 sessions.

A comprehensive psycho-social intake is undertaken with the parents/carers, and a formal assessment of a child's play skills conducted.



This provides valuable information on the child's developmental stage in relation to play, identifies and interprets any skill deficits, and enables comparison of the play score with the child's peer group.

Sessions are then provided, specifically tailored to the child, that scaffold the development of their play skills. Goals will vary, and may include focus and concentration and focus, self-initiative, emotion regulation, spontaneity in play and improving problem-solving and flexibility.

Referring to Learn to Play

Angie Laussel offers Learn to Play from The Counselling Space.

It is available privately, under a child's NDIS Plan or a Mental Health Care Plan.

Learn to Play is also a valuable adjunct to the parenting programs and early intervention initiatives run by family services agencies, and local case managers and childhood educators are welcome to talk with us about contracting the program for specific families.



About Angie

Angie is a Mental Health Accredited Social Worker and Child and Family Therapist who has been working with children and grown-ups for more than 30 years. She applies the wisdom of neuroscience and psychological therapies through the medium of evidence based Play Therapy so that counselling is fun!

**Contact The Counselling Space on:
ph 0488 432165 fax 02 8322 8076
email: admin@thecounsellingspace.com.au
for more information.**



**The Counselling Space
Inclusive, Welcoming
and Neuroaffirming**