

What to tell your child prior to the first play therapy session

Since things aren't going so well for you at home (or at school) we thought you would like to have some special play times with a play therapist. The therapist has a playroom with a lot of toys that you can play with in a lot of different ways.

The therapist will not make you do anything that you don't want to do and you will be able to choose when you want to say something.

Your play times with the therapist will usually happen at the same time each week. Sometimes the therapist will need to talk to your parents about how you are doing.