

WHAT IS PLAY THERAPY?



PLAY THERAPY IS A STRUCTURED APPROACH USED TO HELP CHILDREN EXPRESS WHAT IS TROUBLING THEM WHEN THEY DO NOT HAVE THE VERBAL LANGUAGE TO EXPRESS THEIR THOUGHTS AND FEELINGS.

TOYS, ART SUPPLIES, AND SAND ARE COMMON TOOLS IN PLAY THERAPY. THE WAY CHILDREN PLAY WITH TOYS CAN PROVIDE IMPORTANT INFORMATION ON THEIR THOUGHTS, FEELINGS, AND EXPERIENCES

PLAY THERAPY CAN HELP CHILDREN:

- LEARN TO COMMUNICATE WITH OTHERS
- DEVELOP PROBLEM-SOLVING SKILLS
- EXPRESS FEELINGS
- MODIFY BEHAVIOR
- LEARN HOW TO RELATE TO OTHERS

PLAY THERAPY CAN HELP CHILDREN WHO

ARE:

- AUTISTIC
- HAVE ADHD
- HAVE DEPRESSION OR ANXIETY
- HAVE EXPERIENCED TRAUMA
- LEARNING OR PHYSICAL CHALLENGES

MORE INFORMATION:

[HTTPS://WWW.A4PT.ORG/PAGE/PTMAKESADIFFERENCE/PLAY-THERAPY-MAKES-A-DIFFERENCE.HTM](https://www.a4pt.org/page/ptmakesadifference/play-therapy-makes-a-difference.htm)

REACH OUT TO YOUR CHILD'S SCHOOL CENTER FOR MORE RESOURCES



For more information,
please contact Early Child Mental
Health Consultation at Denver Health:
ecmchc@dhha.org