

FUNDAMENTAL PLAY THERAPY



SPECIALISED
PLAY & TRAUMA
THERAPY

With Heart and Soul

Dear Parents/Caregiver

♥ My hands are small- please don't expect perfection when I make my bed or throw a ball. My legs are short – slow down so that I can keep up with you. My eyes see many things from a different view point and often for the first time – enjoy my excitement and joy.



Do You know that...

- ♥ Take the time to explain things to me about this wonderful world – do this willingly and without irritation.
- ♥ I have not seen the world as you have – allow me to explore it safely and don't restrict me unnecessarily, but make sure I am safe at all times.
- ♥ My feelings get hurt – don't be sarcastic or mock me. Treat me as you would like to be treated.

♥ I need encouragement to grow, but not empty praise – go easy on criticism, rather praise me when I achieve or try hard.

- ♥ Give me freedom to make decisions concerning myself – allow me to make mistakes and learn from these by experiencing the consequences.
- ♥ Don't do things for me – this makes me feel that my own efforts are not good enough. Please don't compare me with my sister or brother.
- ♥ Set a good example for me to follow – remember I will do that which I see being done.
- ♥ I am a special gift – treasure me as God intended you to do. Hold me accountable for my actions, give me guidelines to live by and discipline me in a loving and fair manner.
- ♥ Thank you for being my parents and standing by me so that I can have a bright future.



PLAY THERAPY WITH HEART AND SOUL

(Should you have any inquiries do not hesitate to contact me)

*Kind Regards,
from the Play Therapy Room*

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