

## With Kids

# Play Therapy Service for Nurseries

A nursery Play Therapy service can offer a combination of the below supports depending on the needs of the nursery, nursery staff, children, parents and carers, and the number of days service provided.

### **One to one Play Therapy**

Play therapy encourages creative methods of self-expression enabling children to explore emotions and challenging experiences through the use of play. Therapy takes place in a safe and contained environment where children can explore, recognize and learn to accept feelings. This enables them to resolve trauma, rework developmental stages, develop coping skills, a greater sense of self and increased self-esteem.

### **Group Play Therapy – Transition to Primary School**

Focused on enhancing self-esteem, social and emotional engagement, and resilience around transition to Primary school.

Children develop skills such as listening, sharing, turn taking and working as a team. An additional focus is on understanding and identifying feelings as well as exploring worries and looking at positive ways of dealing with them.

### **Staff Support/Consultation**

All staff have the opportunity to work individually or in groups with the therapist as and when it is needed. This can be on a formal basis or informal support within the nursery to work together on different approaches for individual children. The staff are supported to develop their practice in keeping the child at the centre.

### **Senior Management Support/Consultation**

Regular formal check-ins with senior management regarding the service and supports provided, but also an invaluable space for management to share concerns and explore solutions to issues identified with children and/or families.

### **Parent/Carer Support/Consultation**

Parents/Carers invited to drop-in sessions or phone calls with the therapist when it best suited. This informal space is an opportunity for parents to discuss their family, gain guidance and support, and allowed the therapist to encourage parent's own parenting knowledge of their children and their parenting abilities.

### **Parent and Child Groups**

These activity-based groups include a therapeutic element to support parent-child relationships. Groups aim to have a member of nursery staff present and are an excellent opportunity to build relationships between nursery and families. The needs of parents are reflected in the activities explored.

### **Child Parent Relationship Therapy**

A play-based program for young children and their parents presenting with emotional, social, and attachment concerns, which can be delivered for individual families or for a group of families. In a supportive group environment, parents learn skills to respond more effectively to their children's emotional concerns and behavioural communications.

The goal of CPRT is to strengthen the quality of the parent-child attachment bond as a means of reducing stress in the parent-child relationship.

### **Child and Staff Therapeutic Play Sessions**

There are times a child can find nursery difficult and it is recognised they could benefit from time away from that busy environment. Child drop-in session in the play therapist's playroom can provide a quiet, relaxing space where children can regulate their big feelings with the support of the therapist and member of staff.

### **Watch Wait and Wonder**

Watch, Wait and Wonder is a specific evidence-based, child led psychotherapeutic approach which focuses on the quality of the parent/carer-infant relationship. The parent/carer/practitioner is encouraged to become a better observer of their child, to think about what lies behind the child's communications or play, and to follow the child's lead or cues. Watch, Wait and Wonder specifically and directly uses the infant's spontaneous activity in a free play format to enhance maternal sensitivity and responsiveness, the child's sense of self and self-efficacy, emotion regulation, and the child-parent attachment relationship.

### **Watch Wait and Wonder Reflective Practice**

The staff team together with the therapist hold a programme of reflection sessions. This time is used to consider staff experiences of Watch Wait and Wonder sessions and how best to integrate the learning from these sessions into everyday practice in the nursery playroom.

### **Training for Staff and Parents/Carers**

Staff tailored to staff team wellbeing, understanding children's emotional communication, understanding sensory needs of neurodiverse children etc.

Trainings can be tailored to needs of staff team and of parents/carers.

### **Story Massage**

Combines the benefits of positive touch with the fun and creativity of words. Positive touch can improve calmness and concentration, increase self-confidence, self-awareness and self-esteem, increased engagement in activities, build respect and positive relationships.

**ADDITIONALLY** With Kids can offer:

### **Intensive Family Support**

For more complex families - facilitated by a systemic practitioner.  
A shorter term intervention of intensive support for the whole family.

### **One to One Counselling**

Parents/Carers can access one to one counselling where this service is funded.