

Why do we do Theraplay?

The overall goal of therapy at this stage is to help your child to regulate their emotions and to be able to manage their feelings when they are triggered. To do this we need to grow the parts of the brain in the frontal lobe. These should have been developed when they were babies and toddlers, and so we need to go back to that time and do activities that would have triggered brain growth when they were that age. This isn't trying to regress them in any way, it is targeting the brain to identify what areas haven't developed properly and stimulating them in a planned way to grow. Remember our path through the grass last week? Remember that to grow neurological pathways we need to keep stimulating the same part of the brain to strengthen the path until it becomes second nature.



Theraplay has four dimensions, and the games we play are from all dimensions:

- ✚ Structure
- ✚ Nurture
- ✚ Challenge
- ✚ Engagement