

Fecha's Play Therapy presents

Connecting with your child

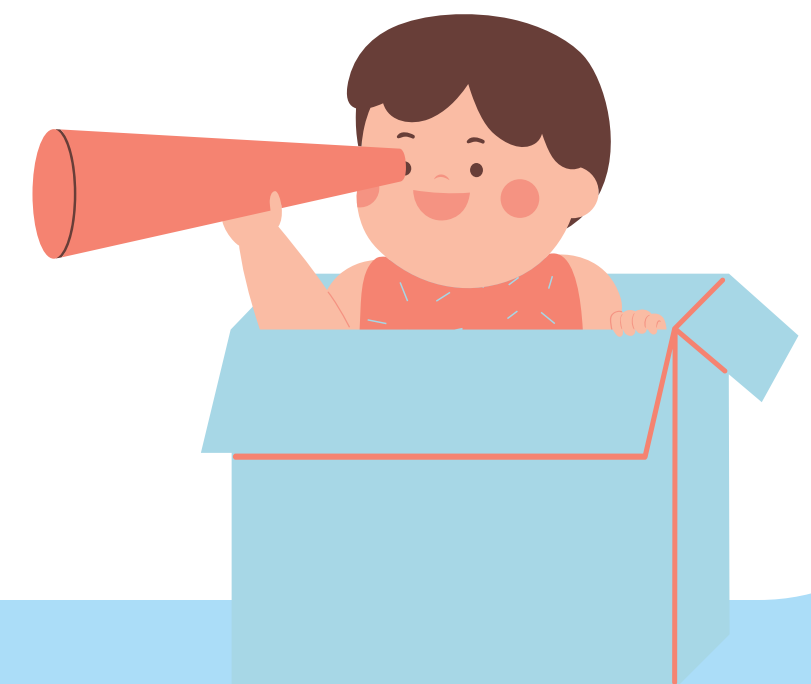
An Info Pack for Parents
Part 2





We created this info pack as a sort of toolkit for parents. The idea of it is to be a starting resource for connecting with your child. We hope that you will find this useful as you begin your journey of connecting intentionally with your child.

If you have any questions, please write to me at fechayap@therapyinc.com.sg



What to do when your kids stop listening.

Your child has free will and they won't always listen to you all the time. We're also just human, and we won't always be able to execute these strategies flawlessly every single time.

The key is that we want to raise children that will want to choose to do the right things all the time but at the same time, we cannot force them or scare them into behaving.

Instead, as parents, we should try to approach listening in a balanced way by being firm and warm as we guide our children. With anything, it certainly takes a fair bit of practice. However, the more we practice these strategies that we have shared will not only encourage our children to listen better but have them develop these values.



What to do when your kids stop listening.

So what should you do when your children seem to stop listening to you? Well, simply ask yourself these questions:

- Are they hungry or tired?
- Do they need to burn off some energy?
- Would a change of scene (i.e. going outside) help them to refocus?
- Have I modeled good listening behaviour to them? When they asked me for something, did I respond to them appropriately when they said something to me the first time?

Note: This does not mean that you drop everything that you're doing or get them what they asked for. It is simply asking if you've responded to what they have said to you.

What to do when your kids stop listening.




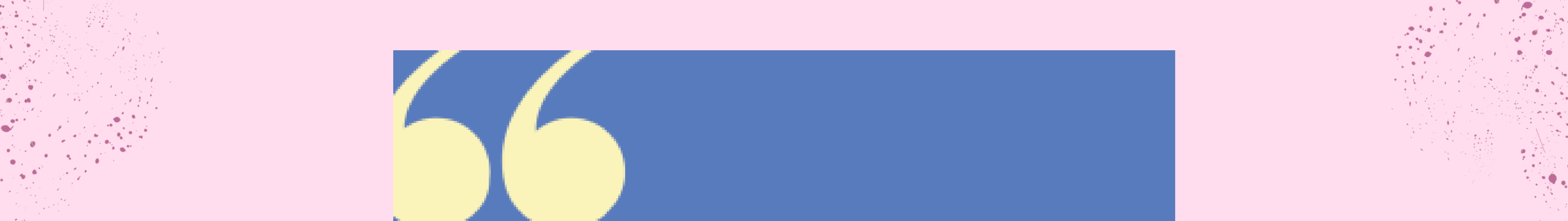
Remember these key things

1. Keep your language positive and set clear expectations with your child. For example: Before leaving for _____ let them know, that they'll have to _____. Ask them when they plan on completing a task (i.e. chores, homework, getting ready for school).

Wait for their cooperation. You can tell your child, "I will wait as long as I need to for you to (put on your seatbelt)." Once your child complies, acknowledge what they have done and move on!

There will be many opportunities for you to keep practicing listening skills and it will be a work in progress. Take a breather when you feel overwhelmed and try to be consistent!





*You can't teach children to
behave better by making them
feel worse. When children feel
better, they behave better.*

Pam Leo



How Play therapy helps you raise a confident child!

First of all, what is Play therapy? Simply put, it is a type of therapy where a therapist uses play, toys, and games to help the child explore, express, and safely experience the difficulties they are working through. Remember, the "play" is a tool, a method of sorts. Your child's therapist has been trained to pick up and uncover insights about your child's inner world that you wouldn't otherwise recognise.

This is what makes Play Therapy the most accessible for children ages 3 all the way to 16 years old! It is the most developmentally appropriate type of child therapy available. I am sure, you cannot imagine your three-year-old sitting in a therapist's office, lying down on a sofa, and sharing their feelings fluently. Lucky, the alternative allows the therapist to meet your child at their level, to assist with cognitive, emotional, and behavioral challenges.



How Play therapy helps you raise a confident child!

Play therapy focuses on relationships and experiences to create positive changes in the brain. While your child explores their concerns, the therapeutic relationship helps regulate their emotions, which then allows the brain to make important structural changes. So how does it help to build confidence in your child?

How does it help my child build confidence?

Well, Play Therapy begins by helping children express their feelings and assume responsibility for all of their behaviours. It also teaches them how to develop their problem-solving skills. As parents, it is important to keep in mind that Play therapists are trained mental health practitioners specializing in helping young children. Play therapy in itself offers a lot of benefits for young children.



How Play therapy helps you raise a confident child!

As children learn about the world around them through exploring, having plenty of sensory experiences gives your child the chance to discover and share what they've seen, heard, smelled, touched, or tasted. New and frequent experiences create connections in your child's brain that improve their ability to do more complex learning activities and enhance their memory skills. Thus giving them a great big confidence boost in the classroom!



How Play therapy helps you raise a confident child!

Sensory play also involves lots of action, for example, lifting, throwing, splashing, squeezing, etc. While these actions may seem small to you, they do wonders to support your child in developing different muscle groups and help them to strengthen their fine motor skills. For most children, sensory play can often be very calming and can help them work through troubling emotions such as anxiety and frustration. It also helps them to self-regulate.

Your child will have no shortage of opportunities to communicate during sensory play, both verbally and non-verbally – whether they describe what they are feeling, hearing, seeing, smelling, or experiencing through body sensations. Practicing their communication skills in a safe and judgment-free zone. Taking away the pressure of performance in a classroom, allow your child to make mistakes they can learn from.



How Play therapy helps you raise a confident child!

Another great confidence booster is learning who you are as a person. Children are no different. Since we all like and dislike different things – a great way of finding out your personal preferences is through firsthand experience! Through sensory play, children explore and communicate how they feel and learn that their feelings are valid – whether they love the smell of lemons or hate the feeling of slime. It leads to a greater sense of self.

Children need to explore, experience, and receive feedback from their actions on objects to progress according to their cognitive development level. The environment is a crucial factor, as children construct knowledge by handling tangible things and using their senses to learn through hands-on experiences.



“Children have never been very good at listening to their elders, but they have never failed to imitate them.”

'James Baldwin'

Thank You

For Your Attention

