

-Detailed Procedures for Play Sessions

1. Exact procedure

- Let the child use the bathroom prior to the play session.
- Have clock visible in room
- Keep toy placement predictable
- Switch on video recorder
- Hang "Do Not Disturb" sign
- Say, "This is our special play time. In here, you can play with the toys in lots of the ways you want to."
- From this point, let the child lead
- Allow the child to identify the toys and introduce his/her own labels for them.
Use non-specific words (this, that, it, there, etc.) or the child's own labels
- Play actively with the child if the child requests your participation
- Verbally track the child's behaviors and use reflective responses
- Set limits on behaviors that make you feel uncomfortable
- Give 5 minute advance notice for session end
- At 30 minutes, stand and announce, "Our play time is over for today."
Do not exceed 30 minute time limit by more than 2-3 minutes
- Parent does the cleaning up. If child chooses to, child may help

2. If child has difficulty leaving:

- Open the door, begin to put away toys
- Reflect feelings and wants of the child and restate limit as many times as needed.
"I know you would like to stay and play with the toys.
Our play time is over for today. You may play with the toys here next time," etc.
- Reflect observations of self control
"You really wanted to finish that and you stopped yourself!" etc.

3. After the play session:

- If parent realizes he/she missed something or misunderstood child's communication, parent can revise
"I was thinking about our play session and I realized that when you drew that house, it wasn't just any house, it was Grandma's house!" etc.