



## Play-Based Coaching at A Stable Learning LLC

At A Stable Learning LLC, we understand that children don't always have the words to explain what they're feeling—but they do have play. Our child-centered, play-based sessions provide a safe and nurturing space where children can express emotions, build confidence, and develop healthy coping skills through guided, purposeful play.

### Helping Your Child Thrive

Our supportive play experiences are designed to:

- Help children express big feelings in healthy ways
- Build emotional resilience and self-confidence
- Strengthen social skills and peer relationships
- Improve emotional regulation
- Support children experiencing anxiety, stress, or behavioral challenges
- Encourage problem-solving and decision-making skills

Through child-led, activity-based emotional support, we meet each child exactly where they are developmentally.

### What Sessions Look Like

Each session is thoughtfully structured yet flexible, allowing children to lead the process while receiving gentle guidance. Activities may include:

- Expressive arts for kids (art, storytelling, creative movement)
- Therapeutic play experiences
- Skill-building play sessions

- Emotional regulation coaching
- Sensory-based calming activities
- Farm-based grounding experiences when appropriate

Our environment blends creativity, connection, and calm—allowing children to process experiences naturally and safely.

### A Supportive Approach for Families

We partner with parents to:

- Identify emotional or behavioral concerns
- Set growth-focused goals
- Track developmental progress
- Provide practical strategies for home support

Whether your child is struggling with anxiety, life transitions, social challenges, or emotional overwhelm, we are here to provide structured developmental support in a compassionate setting.

### Why A Stable Learning LLC?

As a child development-focused program rooted in connection and experiential learning, A Stable Learning LLC offers:

- A child-centered philosophy
- A calm, nurturing farm-based environment
- Strength-based, relationship-driven guidance
- Collaboration with educators and community professionals

We believe emotional growth happens through connection, creativity, and safe exploration.

### Schedule a Consultation

If you're looking for supportive, play-based coaching to help your child build confidence and emotional balance, we invite you to connect with us

**Duck 'N Stables Farm**  
**30559 FM 509 San Benito Tx. 78586**