

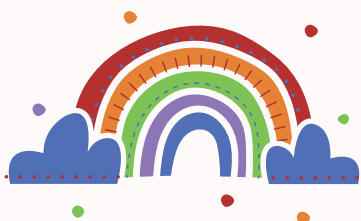
# Welcome to our Term Two NEWSLETTER 2024!



As the second school term comes to an end, it's hard to believe how quickly this year has flown by!

This year, we've welcomed some wonderful new additions, including our amazing new therapist, Sigrid, who is a hit with the kids! We also opened our new playroom in Maryborough, with sessions quickly filling up!

We've embraced many new families into our Play and Beyond community, while also bidding farewell to a few as they transition out of play therapy. Though we're always sad to say goodbye to our little friends, we are incredibly proud of their achievements and confident that even greater things await them beyond the play therapy walls.



# Message from Sigrid

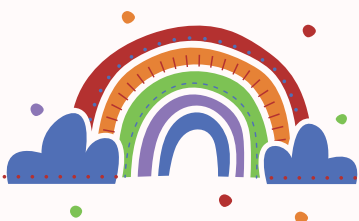


It's been wonderful getting to know some new children and their families this term, and for the lucky children who visit my Maryborough playroom, we get so much space to spread out now which is wonderful! Particularly for the children feeling energetic, who like to play with the big bop bag.

We have some fantastic resources in the new playroom that all the children have been making the most of.

With the days becoming cooler, parents are enjoying the pleasant sunshine by sitting under a tree while their child attends their session in the playroom. Don't forget that you can also visit the tearoom at the big church if it's open.

I hope everyone has a lovely restful winter break, and I'm looking forward to seeing you all back in the playroom again next term.



# Message from Rochelle



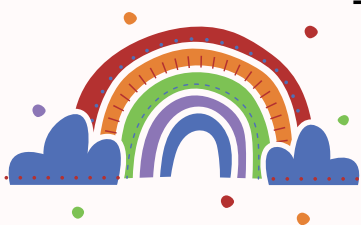
First, thank you all for your ongoing support and the trust you place in us to support your children. It is a privilege to work with such amazing little people. We love what we do here at Play and Beyond!

Unfortunately, I am currently experiencing another relapse of my, at times, debilitating illness. As a result, I am reducing my therapy workload and will be more behind the scenes, focusing on administrative tasks. This is very upsetting for me because, as I mentioned, I love the connections I make with all my clients and their families. However, I am not going away and will still be very active in this business, just more in the office.

Hopefully, this situation is only temporary, but given the unpredictability of my condition, I cannot make any guarantees. Those impacted have been informed.

I will also be searching for a new play therapist at some point to take on clients, so keep an eye out for an announcement in the near future.

• Thank you all for your understanding.



## Illnesses

We kindly remind you not to bring your children to play therapy if they are feeling unwell. This helps ensure the health and safety of all children and staff. We appreciate your understanding and cooperation in keeping our community healthy.

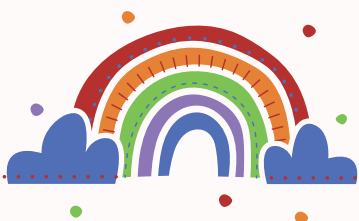
If you do need to cancel you can do so via text on 0478 252 097 or email [rochelle@playandbeyond.com.au](mailto:rochelle@playandbeyond.com.au)

Alternatively you can send the facebook page a private message.

## Cancellations

We encourage all families to review the cancellation policy outlined in the service agreement they signed, including any updated versions. This will help you avoid any unnecessary fees.

Please remember, if you take extended time away from therapy but wish to keep your spot, you will still be required to pay the fees. Otherwise, you will be placed back on the waitlist. This ensures fairness for those currently waiting for therapy sessions to become available.



# A few key points to keep in mind regarding Play Therapy

## **Progress takes time!**

*It's important to understand that play therapy is a non-linear, individualised journey. At times, it can feel like a roller coaster ride as children navigate this process.*

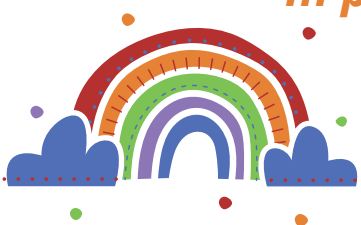
Play therapy involves building trust, gradual exploration, and expression of deep-seated emotions, with progress varying based on individual differences and requiring consistent, regular sessions. Subtle progress and occasional regression are normal, helping children address unresolved conflicts and achieve emotional growth.



## **Resistance in Play Therapy!**

Play therapy, initially enjoyable with its toy-filled environment, can pose challenges as children confront difficult emotions and experiences. Resistance may stem from fear of change, external pressures like family dynamics or school stressors, negative past therapy experiences, inconsistent session attendance, parental skepticism, or a lack of trust and rapport with the therapist. Understanding these factors helps navigate and support children through their therapeutic journey effectively.

***"In play therapy, even the smallest steps carry great importance."***

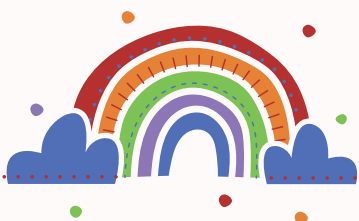


# Wellness Play 2 Learn Program

*We are currently in the process of creating a group program. We hope to be able to offer this in term 4 as a social group to enhance children's social and emotional skills through creative arts.*

The aim is to use creative arts to enhance:

- **Self-Expression:** A safe and fun place for children to express and understand their emotions.
- **Empathy and Understanding:** Help children develop empathy and understand different perspectives.
- **Resilience:** Teach children to cope with challenges, manage stress, and build resilience.
- **Social Skills:** Collaborative art projects enhance teamwork, communication and relationship-building skills.
- **Confidence and Self-Esteem:** Boosting children's confidence and self-esteem, encouraging them to take on new challenges.
- **Problem-Solving:** Fostering critical thinking and problem-solving skills through the creative process.



June 2024

# Wellness Play 2 Learn Program

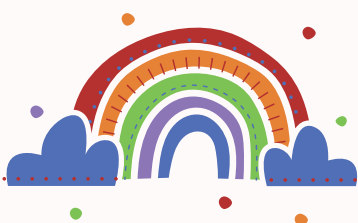
This program will be developed by our creative arts expert, Sigrid, and run by both her and, hopefully, Rochelle or an assistant.

Sigrid is a qualified arts teacher, guidance counsellor, and play therapist. She is deeply involved in the theatre, dance and music community around Maryborough and is passionate about incorporating the arts into emotional healing, wellness enhancement, and holistic development for our children.

If this interests you, please inform us, as the program's launch depends entirely on the number of participants wishing to join.



*Utilising creative arts such as dance, painting, music, drawing etc to understand and express emotions*



[www.playandbeyond.com.au](http://www.playandbeyond.com.au)





# First ever International Day of Play!

*The first International Day of Play was celebrated worldwide on June 11th. It's remarkable that such a fundamental element of child development took this long to gain global recognition!*

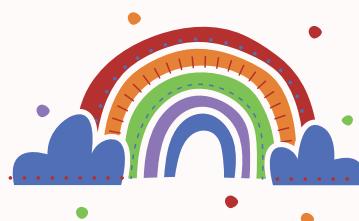


## Why is play so powerful and magical?



### ***Play transforms lives by:***

- Building Resilience: Helps children navigate challenges and develop emotional strength.
- Instilling Confidence: Boosts self-assurance and belief in abilities through engaging play.
- Enhancing Development: Supports cognitive, physical, social, and emotional growth.
- Promoting Learning: Encourages curiosity, creativity, and problem-solving skills.
- Fostering Social Skills: Develops teamwork, communication, and empathy.
- Supporting Well-Being: Provides a safe outlet for expression and reduces stress.
- Providing inclusive Opportunities: Ensures all children benefit from play's transformative power.





# Did you know?



**79%**

Eight in ten children say playing makes them feel happy. Almost all of them (96%) mention at least one positive emotion in relation to play

International Day of Play X Child & Youth Friendly Governance Project Survey 2023



**Putting play back on the agenda for 2 billion children around the world on June 11th.**  
Find out more [internationaldayofplay.org](http://internationaldayofplay.org)

**59%**

Three in five children would like to play more than they do now



International Day of Play X Child & Youth Friendly Governance Project Survey 2023



**Putting play back on the agenda for 2 billion children around the world on June 11th.**  
Find out more [internationaldayofplay.org](http://internationaldayofplay.org)



**79%**  
Four in five children would like to play more with their parents or carer

International Day of Play x Child & Youth Friendly Governance Project Survey 2023



**Putting play back on the agenda** for 2 billion children around the world on June 11th.  
Find out more [internationaldayofplay.org](https://internationaldayofplay.org)



“Play makes me feel happy, release my imagination, and lets me relax. I enjoy free play.”

Ling, China



**Putting play back on the agenda** for 2 billion children around the world on June 11th.  
Find out more [internationaldayofplay.org](https://internationaldayofplay.org)

“Play is an adventure where you can create your own world.”

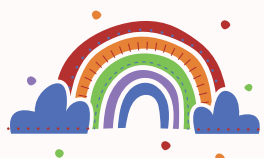
Astrid, Denmark

INTERNATIONAL DAY OF PLAY

Putting play back on the agenda for 2 billion children around the world on June 11th. Find out more [internationaldayofplay.org](http://internationaldayofplay.org)

\*To protect the privacy of children, names have been altered.

***"A child without play is like a car without wheels—unable to move forward."***





June 2024

# Landing Spot has landed in the Urangan playroom !

*Landing Spot are a team of allied health professionals providing person-centred disability supports and services to young children.*



1300 289 197

## Now accepting in-person referrals in Hervey Bay

- Available Mondays and Tuesdays at the Wellness Center, Urangan
- Assessment-based service for children 2-7 years, including Monteiro Interview Guidelines for Diagnosing the Autism Spectrum
- Multidisciplinary Comprehensive Functional Assessments / Reports for children 2-7 years.
- Availability from May 2024.

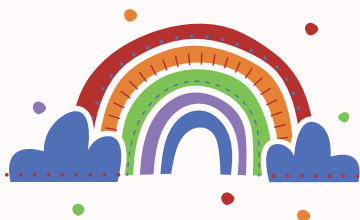
Rebecca - ECI Practitioner



Erin - Speech Pathologist



**Landing Spot.**



[www.playandbeyond.com.au](http://www.playandbeyond.com.au)



# Landing Spot

*You will find them at the Treehouse Urangan Community Wellness Centre on a Monday and Tuesday in our playroom*



1300 289 197

## Now accepting Positive Behaviour Support referrals in Hervey Bay

- Writing and implementing plans
- Functional behavioural assessments
- Behaviour support strategies
- Effective ways to communicate
- Improved relationships
- Greater sense of independence
- Aim to reduce restrictive practices
- Training and monitoring
- Neuroaffirming Approach

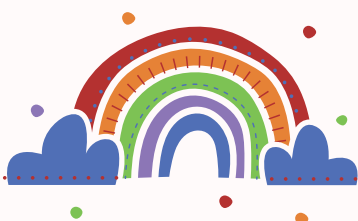
**Immediate Availability**

**Landing Spot.**

Rebecca - PBS Practitioner



**Landing Spot.**



# Expression of Interest!

# WE ARE HIRING

\*Part time sub-contractor  
role



## Searching for a **PLAY THERAPIST**

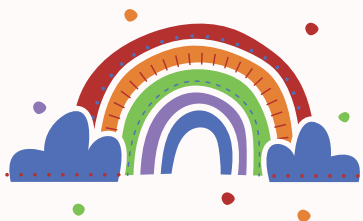
- ★ Do you have a passion for working with children?
- ★ Do you believe in the therapeutic powers of play? ★
- ★ Do you have a bachelor's degree in counselling, social work, psychology, education (early childhood) or similar?
- ★ Are you clinically trained in play therapy OR already enrolled?

*I am looking for a play therapist to join my team at Play and Beyond.*

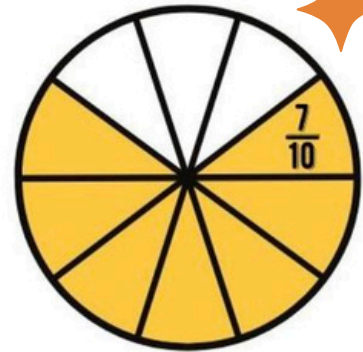
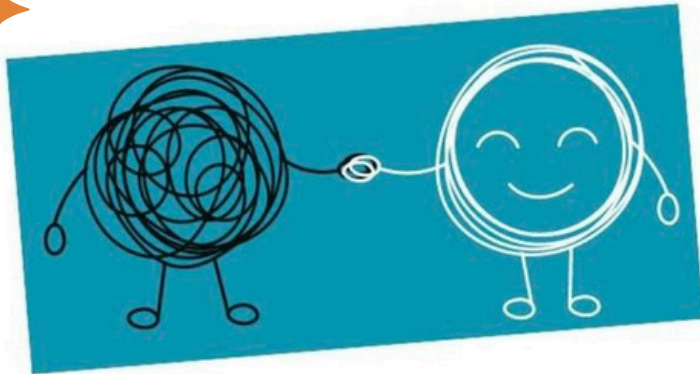


**email for a role description and/or  
further information**

[rochelle@playandbeyond.com.au](mailto:rochelle@playandbeyond.com.au)



Put your child into play therapy now  
and watch the power of play at work!



The mental health and wellbeing of  
**7** out of **10** children improves following  
Play Therapy.

This rises to **8** out of **10** for those children  
with higher needs at the time of referral.



Source: Play Therapy UK

