

BLOSSOMING MINDS DEVELOPMENTAL THERAPY

FAQ - PARENTS / CAREGIVERS



DO I ATTEND SESSIONS WITH MY CHILD?

Play therapy sessions are usually delivered 1:1 with the therapist and the child, this assists the development of the therapeutic relationship and the child's sense of safety. Parents are required to remain onsite in the waiting area or in their car, to support moments where the child may need to check-in with their safe person, or for assistance with toileting.

However, there is always an exception for children that may require additional support to transition into the play therapy room as their emotional wellbeing is always the priority. The therapist is guided by the child's presentation during each session and will work with the family to build the child's independence and sense of safety.

Parents / caregivers are required to stay onsite during sessions.

Some children may experience challenging feelings during play therapy and require the support of their safe person. Sometimes children may also decide to conclude sessions early, this may be due to becoming tired after processing complex feelings, overwhelm from the transition or building their window of tolerance to a new environment.

The therapist will always attempt redirection strategies but never force a child to continue a session. Additionally, younger children may require assistance with toileting, to ensure child safety standards, parents will be notified to assist.

CAN MY CHILD BRING IN ANY ITEMS FOR PLAY THERAPY SESSIONS?

Children are always welcome to bring a water bottle, transition support item / toy from home if this aides in their comfort in the playroom. **Due to health and safety requirements surrounding allergies and cross contamination of the toys, it is important that no food is brought into the playroom.**

Parents / caregivers are welcome and encouraged, to have snacks in their car for after the conclusion of the session. This often this supports the transition out of the playroom for children that have difficulty with ending sessions. Additionally, many children find snacks may assist in their regulation.

WHAT WILL HAPPEN DURING PLAY THERAPY SESSIONS?

The therapist will collect your child from the waiting area at the session time, play therapy sessions run for **45 minutes** and your child will be returned to the waiting area at the conclusion of their session. Your child may get messy with sensory or art and craft play, please take this into consideration when selecting clothing choices.

After sessions:

Remember, your child may be processing complex emotions or feelings from their time in play therapy. Subsequently, the session may not have been exactly fun or enjoyable. The child is free to share their session if they wish, however, it is best to allow this process to come freely and avoid asking many questions. Behaviour may fluctuate over the week as they continue to process things expressed or discovered through their play therapy session.

WILL I RECEIVE SESSION NOTES?

In play therapy, session notes are considered confidential documents and are written very differently to other therapies. Parents / caregivers will only receive notes for onsite observations at childcare, kindergarten, or school, or when sessions are conducted in a public area such as in kindergarten or childcare. **However, if any concerns ever arise during the session the therapist will get in contact to discuss via phone on the day of the session.**

It is important that the therapist first provides the child notice that they will be speaking to their parent / carer due to a concern for their safety or safety of others. This is to ensure that no rupture in the therapeutic relationship occurs for the child, maintaining play therapy as a safe space.

HOW WILL I BE KEPT UPDATED ON PROGRESS?

Parent / caregiver meetings are held after every 5-6 play therapy sessions for around one hour. It is important that the child does not attend the meeting, this is to allow for things to be discussed freely. Parent review meetings can be conducted by phone call, Teams Meeting, or in clinic.

In the meeting, play themes that have emerged during sessions will be broadly discussed. This assists the therapist to develop further insight in the consistency of themes across environments (such as home, school etc) whilst keeping updated with any family or behavioural changes.

In addition, the therapist encourages parents / caregivers to send through any important updates via email or a brief text message. Keeping informed greatly assists the therapist to provide the best and most appropriate, therapeutic support strategies for your family and further understand emerging themes within the child's play.

CANCELATION POLICY

2 clear business days' / 48 hours' notice is required for any cancellations or full fees apply. Please note, public holidays and weekends are not considered business days. The therapist will always attempt to fill the placement prior to issuing a cancellation charge, however, this is not always possible. If your child has an upcoming holiday or event where they can not attend their regular scheduled time, please provide as much notice as possible via email or text message.

ILLNESS

Blossoming Minds Play Therapy has a strict **72-hour exclusion period** for gastro type illnesses, Covid, or Influenza. This includes any family members who would be attending the clinic. It is important for the health of the therapist and other families attending the clinic to reduce the risk of spread of these highly contagious illnesses. Please do not bring your child to play therapy if they are symptomatic, have a fever, or look poorly. It can cause a serious rupture to the therapeutic relationship when the therapist must send a sick child home from play therapy, as generally, children want to attend their sessions.

NEED TO CONCLUDE PLAY THERAPY?

Sometimes circumstances change, funding runs low, or the child may be ready to cease play therapy. Please provide the therapist with **2 weeks** written notice via email or text message to conclude your child's ongoing play therapy placement. Additional notice is appreciated so that therapeutic endings can be introduced to support your child's transition out of play therapy and not to have an abrupt ending.