

What to tell your child when bringing him/her for play therapy

You are going to go to a play therapist named Pam. She is going to help you understand your feelings while you paint, draw, play with clay, tell stories and play games.

Your play therapy sessions with Pam will last about an hour and will happen at the same time in the same place each week. Sometimes Pam will need to talk to your parents about how you are doing.

Pam will not make you do anything that you don't want to do. You will be able to choose what you want to do and when you want to say something.