



## **Facts for Parents:**

### **What is "A Playroom for Me!"?**

"A Playroom for Me!" is an evidence-based, child-centered program designed to enhance school related skills, enhance social & emotional growth, and assist with school adjustment for children. Each session is a way for a child to express their emotions through play that they direct in the playroom.

In this environment, the one-to-one adult is noticing what the child is doing and acknowledges the child's actions verbally. This promotes the child's ability to understand themselves and their feelings along the way. This program is a Primary Intervention Program (PIP) that is designed to work with children who are experiencing social, behavioral, or emotional difficulties in the classroom that is impacting them reach their full potential. The child will be with a Play Aide, who is a trained paraprofessional who works closely with, and is supervised remotely by, a mental health professional.

There is **no cost** to participating families.

### **What are the benefits of "A Playroom for Me!" for my child?**

"A Playroom for Me!" enhances any child's social, emotional, and intellectual lives, helping them to be more in touch with who they are, more expressive of their creative natural selves, and more aware of life's transitions and changes. Increased sense of self, understanding emotions, feelings and interactions with friends and family are a few of the benefits. All behaviors, feelings and emotions of children are normal and acknowledged: shyness, anxiety, defiance, changes in mood, social differences, aggression, adjustments to transitions, new or stressful changes in life.

The Play Aide is there for the child to have another safe, trusted adult they can have a relationship with.

### **What will my child do in the program?**

Your child will simply play in the playroom, which is located upstairs in the Children's Center. Their individual time in the playroom will occur once a week on one of their regularly scheduled school days. The playroom is a safe place for them to communicate through their play. Your child's play is up to them, within a structured and supportive environment and lasts for 20-30 minutes each week. Sessions may be only a few up to the entire school year, depending on each child.

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The room is filled with various toys and materials that encourage your child to engage in creative and expressive play. As your child engages in play, the Play Aide will reflect and vocalize to the child what they are choosing to play with. The child has their choice throughout the session to play with the following:

- Two sand trays are open with an inviting assortment of people figures, vehicles, animals, containers, trees and other natural elements to play with in the sand.
- An art space with items such as play dough, chalk and chalkboard, paper, crayons, and stickers
- Dolls and accessories
- Make-believe costumes and props – like a doctor’s kit, fireman hat, or butterfly wings, cash register and tools
- Pretend kitchen and food
- A puppet theater with a variety of animal puppets
- Stuffed buddies
- Trucks and cars
- Building Blocks

**How are parents involved and how will parents be informed about their child’s playroom sessions?**

Parents are asked to sign a permission form and short referral form for your child to participate. Parents and the Play Aide, or Supervisor, may meet periodically to mark your child’s growth, brainstorm ideas and/or what seems most useful for the child at that time. Parents are encouraged to communicate directly and openly with the Play Aide about any questions or concerns during the child’s participation in the program. To encourage a strong and trusting relationship to develop between the child and Play Aide, most details of their sessions will be kept in a safe space just between them.

We would love you to meet the Play Aide and visit the playroom prior to your child starting to answer any further questions you may have! We can arrange a virtual or in-person visit around preschool drop-off and pick up hours. Sign up information will be on the permission form.

Please speak to Jane, or email Katy, [katy@lifrc.org](mailto:katy@lifrc.org), with any questions.