***Filial Play Coaching Programme***

Filial Play Coaching is a short-term, goal-focused programme for parents/carers which focuses on 4 key skills:

* Setting & maintaining boundaries
* Being consistent and predictable
* Giving your full attention to a child
* Understanding what your child is doing/feeling/trying to communicate to you

These skills are developed through weekly coaching sessions with a trained professional. They are then practised at home through 3 x 15-20minute play sessions with your child each week. Once the skill has been learnt, it can be applied to all other areas of your child’s life leading to better understanding and communication between the two of you.

**Why Play?**

Playtime should be fun - which makes it more motivating for you and your child. Play is also the natural language children use to express themselves. Watching and listening to children while they play can really help us understand their world.

**Why These Skills?**

**Boundaries & Consistency**

Rules and familiarity make us feel safe. When we recognise a person, a place or a situation that we already know - we feel safe in the knowledge that we can deal with it. When children face lots of new or different situations, or different reactions to repeated behaviour, they feel confused and unsafe. Being predictable in our behaviour and setting manageable boundaries makes everyone feel more in control.

**Focusing and Reflecting**

When someone gives us their full attention we feel they are really listening and care about what we say. This is true of adults and children alike, but in today’s busy world we don’t always have the time to give our children our full attention. Setting a manageable amount of time each week when you can do this, reassures a child that they are loved, respected and valued. This means that when we don’t have the time, energy or resources to give them our full attention they are more likely to understand and less likely to feel cross or rejected.

**Actions speak louder than words**

Children do not have the verbal and intellectual capacity of adults so how we act means more to them than what we say. Taking positive action that involves spending time with our children reinforces their feelings of love and self-worth. This in turn promotes resilience against life’s ups and downs

**Commitment & Expectations**

The full programme involves:

* 6-8 weekly coaching sessions of about 1 hour each
* 4 x 20minute observations of you playing with your child
* 3 x 15-20 minute playtimes between you and your child each week at home. You will need to provide the space, toys and time to do this and keep a record of these sessions.

**Confidentiality**

All material from meetings with you and/or your child is strictly confidential unless there is a concern regarding your child that I need to pass onto the safeguarding team as part of the school safeguarding policy

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