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#### PLAY THERAPY



#### THERAPEUTIC PLAY:

Therapeutic play is the specialized play activities by which a child acts out or expresses his unconscious feelings. It is a central mechanism in which children cope, communicate, learn & master a traumatic experience such as hospitalization.

#### **IMPORTANCE OF PLAY:**

#### CHILD:

- Enhance coping abilities
- Express fear, anxiety, tension, anger, fantasies.
- Understand hospital procedures.
- Communicate & reduce emotional trauma.
- Continue growth & development.
- Get rid of boredom.

#### **IMPORTANCE OF PLAY:**

### HEALTH TEAM MEMBERS:

- Gain co-operation & trust of the child.
- Diagnose child's feelings & behaviour.
- Find out & correct misconceptions & beliefs
- Reassure the parent
- Promote parent participation in child care

# FUNCTIONS OF PLAY:

- x Provides diversion
- x Brings about relaxation
- x Helps feel secure
- x Lessen stress of separation & home sickness
- x Release tension, expression of feelings
- x Encourages interaction
- x Develop positive attitudes towards others
- x Outlet for creative ideas or interests
- x Opportunity for choices & be in control
- x Accomplish therapeutic goals.



#### **Emotional outlet/dramatic play:**

- Used to express child's anxiety
- Solve conflicts
- Diagnostic tool



#### **Instructional play:**

Instruction is given for therapeutic play according to their past experiences, coping abilities & physiological status\_



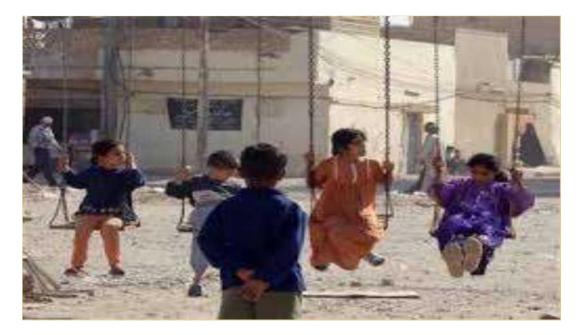
#### Physiological enhancing play:

- Used to improve & maintain physical health
   & body functions
- Selected to treat pathological condition



#### **SOCIAL PLAYS:**

- 1. Onlooker play:
- Watch other children play
- No interest in participation



## **2. Solitary play:**

- Play alone with different toys used by other children
- Enjoys others presence but no effort to

speak or get involved



#### 3. Parallel play:

- Children play independently with toys as that of other children
- No group association
- Characteristic play of toddlers

### 4. Associative play:

Play together & engaged in similar activities

- Never directs others action or establishes rules
- No group goal, & others follow



#### 5. Co-operative play:

- Organised & they play in groups
- Set goals & try to attain it
- Organisation of activities, division of labour & playing roles
- Leader follower relationship is established

#### **PLAY** THERAPY:

#### **Non-directive play therapy:**

- Client centred or unstructured play therapy
- If allowed to play freely, children resolve their own problem & work towards their own solution
- Few boundaries & can be used at any age

### **Directive play therapy:**

- Directions given for play
- Causes faster change & more structured than non-directive play
- Games chosen by the child, therapists give directions

### CATEGORIES OF PLAY

#### **Physical play:**

- Social in nature- involves other children
- Provides exercise, which is essential for normal development
- > Eg. Run, jump etc.

Expressive play:

- > Gives opportunity to express feelings
- > Parents take an active role
- Eg. Play using coloured pencils, crayons, markers, water colours etc..

Manipulative play:

- > Children control or master their environment
- > Starts in infancy
- Move objects like puzzle pieces to understand it better
- Eg: Drops a toy, Wait for the parent to pick it, clean it & return it, & they drop it again.

### Symbolic play:

- Helps explain child's problem in a symbolic way
- No rules, can use to reinforce, learn about, & imaginatively alter painful experiences

### Dramatic play:

- > Child act out situations experienced by them
- > Either spontaneous, guided or therapeutic

#### Surrogate play:

- > For children who are severely ill
- > Parent/another child is a surrogate
- Watching the surrogate play, stimulates the sick child

#### **COMMON PROBLEMS**:

x Challenge, as child cant voluntarily engage
x Parents need to understand the importance
x Play activities vary depending on cultural & socio-economic circumstances
x Not knowing the group languages

#### **SAFETY ISSUES:**

- x Should be washable
- x Should have no sharp edges & no small parts
- **x** Tossing ball to a child with cast fall
- x Chasing ball falls, collisions
- x If toy is used for a long time, can use it in unsafe way

# NURSES RESPONSIBILITIES:

- x Organise play activities
- x Flexibility in play time
- x Play materials should b placed in separate room
- x Age appropriate play articles should be provided
- x Involve all members for play
- x Interact during play
- x Observe & record child's behaviour
- x Protect & guide children when aggressive
- x Participate with the children during play
- **x** Teach the importance of play

## REFERENCES

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- 4. Terri Kyle. Essentials of Paediatric Nursing.1<sup>st</sup> ed.