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FACULTY OF NURSING

Mrs.Minu.S.R

Asst.Professor

Pediatric nursing department

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.

TYPES OF PLAYS:

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 be 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

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