

“Enter into children's
play and you will find
the place where their
minds, hearts, and
souls meet.”

Virginia Axline



Contact Us

4/112 Prospect Rd
Prospect, SA 5082

Ph: 0406 311 254

Email: wildflowerplay@gmail.com

www.wildflowerplaytherapy.com



Filial Therapy

What is Filial Therapy?

Filial play uses non-directive and child centred play. It involves the parent/carer and child engaging in special play sessions together each week.

It is suitable for children up to the age of 12 years with social, emotional or behavioural difficulties.

The parent/carer is supported to learn and use four skills:

- Structuring
- Limit setting
- Empathetic listening
- Imaginative play

Why Play?



Play is the main way children:

- Learn about the world
- Understand how things work
- Express themselves
- Develop social skills and understand social boundaries



What can Filial Therapy Achieve?

- Allow the parent/carer and child to enjoy each other's company
- It can build and strengthen the relationship between the parent/carer and child
- Teach boundaries
- Develop the parent/carer and child listening skills
- Enhance emotional literacy
- Build self-esteem and confidence for all involved
- Alleviate social, emotional or behavioural difficulties

Why Train Parents and Carers in Filial Therapy?

- Parents/carers are the most important people in a child's life
- Parents/carers know their child better than anyone else
- Almost all parents/carers can learn to hold play sessions; which lead them to a deeper understanding of their child

How is Play Therapeutic?

- Creates a safe climate for children to express themselves
- Children can try out new things
- They can work through problems
- And make sense of their world