



## TURN A TOY INTO A VALUABLE RESOURCE THIS CHRISTMAS

### WHY A TOY?

Hospitalisation for any person can disrupt their lives and produce feelings such as fear, anxiety or pain. For a child, these feelings and emotions are not so easy to control, express or manage.

Play Therapy holds an important role in a child's life and provides them with some form of normality in a not so normal environment.

### WHAT IS PLAY THERAPY?

Play therapy is a form of therapy which uses play activities such as toys and other resources to help children through mental and emotional matters. Play therapy utilises play, a child's natural means of expression, to help them express their feelings more easily through toys instead of words.

### HOW DOES PLAY IN A HOSPITAL HELP A CHILD?

- Play builds rapport and provides a positive experience
- It maintains and encourages development, independence and resilience
- Provides education and a greater understanding of their surroundings
- It provides relieve of stress and anxiety
- Assists patients and families prepare for upcoming procedures, encouraging compliance and reducing stress
- Creates some normality in the clinical environment
- Provides opportunities for self-expression and self-esteem building
- Develops a sense of empowerment and control through play

### HOSPITAL RESOURCE WISH LIST?

- Playdough Activities
- Puzzles & Board Games
- Reading Books
- Stationary, Arts & Craft
- Action Figures
- Character Costume
- Building & Construction
- Dolls & Playsets
- Educational
- Infant Toys
- Musical Instruments
- Sensory Toys
- Gaming Vouchers

### DID YOU KNOW?

- **Playdough** develops a child's hands-eye co-ordination, fine motor skills, enhances creativity and imagination
- **Puzzles** enhance problem-solving skills, cognitive thinking, finger strength and perseverance.
- **Books** encourage the development of language and literacy skills as well as emotional expression. Reading also enhances and supports a children's brain development.
- **Drawing** supports a child's hand-eye co-ordination and fine motor skills. It increases a child's ability to maintain concentration and encourages self-expression through creativity
- **Craft** encourages a child to build on their imaginative skills and boosts creativity. It also encourage a child to build on their self-esteem and confidence.

Due to health and hygiene purposes no soft toys, must be brand new and unwrapped.