

# Educational Play Therapy Developmental Play Plan.

**Date:** 1/1/1

**Name:** Sally Bloggs



## Brief overview of useful developmental information.

### **Cognition (How I understand things around me)**

I am quick to learn and developmentally I am on track as you would expect for my age of 3 years. I am able to point and direct your attention to my preferred activity. I enjoy looking at books and naming familiar objects within them. I enjoy interacting with my soft toys and dolls. I like to watch familiar adults engage in pretend play with my dolls too. I like cause and effect toys and sorting activities such as shape sorters. I like activities and toys that enjoy posting.

### **Language (How I communicate)**

I am becoming more comfortable speaking with my tracheostomy tube in place. Encourage me to use my words at all times. I enjoy conversations with adults especially if they are related to topics I am familiar with such as my family or things going on around me at that moment.

### **Social/Emotional (How I engage with the world around me)**

I can be overly familiar with adults and I am very keen to engage in physical contact such as being held. I have lots of adults involved in my care and I do not really display any sense of stranger anxiety. I enjoy spending time with my mum, grandma and aunty.

I can become upset but can usually be re-directed and settled with one of my preferred activities. I have a limited sense of danger and sometimes this can be a bit tricky as I love to explore my environment.

### **Physical (How I move and other important care needs I have)**

I am ambulant but tire easily. I have scoliosis of the spine which can affect how quickly I can or cannot move. I like to look and be near other adults and children and as mentioned my curiosity may require extra vigilance.

### **My Interests:**

Drawing and anything crafty (I sometimes try to eat the paint!)

Stories and dolls.

I do like to explore things orally so please be mindful of this when you chose an activity for me.

I really need a high level of supervision to keep me safe.

## **Developmental Objectives (1 focus for each area)**

**Cognition;** I am working on my pretend play skills so any activity involving dolls, role play, dress ups etc are really useful for this.

**Language;** I am working on extending from single words to using two or three word sentences. Encourage me to verbally communicate with you and ask for things that I want.

**Social/Emotional;** I am working on increasing my attention to things as I can flit from one activity to another. Please only give me a choice between two activities and encourage me to spend 5-10 minutes on it before moving onto the next one. My enclosed play space time will help me focus on a small number of activities at a time.

**General Play Skills;** I love exploratory play so please ensure that I have access to a range of play activities each day. This should be a combination of one: one time in my room, group play sessions in the play space and self directed play in my enclosed play space.

**Signed: Joe Smith, Educational Play Therapist**

**(The plan should also be developed in consultation with allied health, nursing and family and updated on a regular basis to reflect the child's developmental capacity. Kept in patient notes and displayed at patient bedside for consistency)**