



Diana Bigioi

Play Therapy

Where feelings learn to breathe.

Parent Guide to Play Therapy

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This guide is designed to gently support parents and caregivers as they consider play therapy for their child. It explains what play therapy is, what to expect, and how you can support your child through the process.

Quick summary

- Ages: 3–12
- Style: child-led, trauma-informed, neuro-affirming
- Materials: sand, art, clay, music, movement, storytelling
- Parents are partners: clear goals + regular reviews

What is Play Therapy?

Play therapy is a developmentally appropriate form of therapy that helps children express thoughts and feelings through play. Children often communicate more naturally through play than through words. In play therapy, toys become words and play becomes language.

Who is Play Therapy For?

Play therapy can support children aged 3–12 who may be experiencing emotional, behavioural, or social challenges, including anxiety, big feelings, transitions, loss, or difficulties expressing themselves.



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What Happens in a Session?

Sessions take place in a calm, welcoming, nature-inspired space. Children choose from a range of materials such as sand, art, clay, music, movement, and storytelling tools. The therapist follows the child's lead in a safe, structured, and non-directive way.

How Long Does Play Therapy Take?

Every child's journey is unique. Many families notice changes within 6–12 sessions, though some children may need longer-term support. Progress is reviewed regularly with parents or caregivers.

The Role of Parents and Caregivers

Parents and caregivers are valued partners in the therapeutic process. While sessions are usually one-to-one with the child, regular check-ins and review sessions help ensure consistent support at home and school.

Confidentiality and Safeguarding

Children's sessions are private. Information is shared with parents only where appropriate or necessary for safety. Safeguarding is always the highest priority and is managed in line with professional and legal obligations.

How to Support Your Child

You can support your child by maintaining predictable routines, offering reassurance, avoiding pressure to talk about sessions, and allowing emotional changes to unfold gradually.

Next Steps

If you are considering play therapy, you are welcome to book a short discovery call to discuss your child's needs and explore whether play therapy is the right fit at this time.