

Play, Connect, Grow A Parent Workshop Inspired by Theraplay®

Join the CRCS Family Foundations Team and a guest OT from Little Hands OT for a fun, hands on workshop that supports growth, development and connection through play.

We'll Explore

- 🧠 Why play is essential for children's development
- ❤️ Using play to strengthen parent-child relationships
- 😊 Building connection through fun, responsive interactions
- 🌱 Supporting confidence, self-esteem, and resilience
- 😊 Helping children regulate big emotions through playful engagement
- 👁️ Understanding your child's cues and responding with attunement
- 🏠 Simple Theraplay-inspired activities you can use at home
- 🎉 Creating opportunities for joy, laughter, and connection in everyday routines

What is Theraplay?

Theraplay is a child and family approach that uses playful, nurturing, and engaging interactions to strengthen relationships, support emotional wellbeing, and build children's confidence and sense of security.

This workshop draws on Theraplay principles to provide practical ideas that families can easily incorporate into daily life.

Occupational Therapist Special Guest

Special guest OT, Kat will be present to offer developmental advice, practical strategies, and answers to your questions.

Who Should Attend?

Parents, carers, grandparents, and anyone supporting the wellbeing of young children.

What You'll Gain

- ✓ Easy-to-use play activities that strengthen connection
- ✓ A deeper understanding of your child's emotional and developmental needs
- ✓ Practical strategies for supporting regulation and cooperation
- ✓ Ideas for making everyday moments more playful and meaningful
- ✓ Greater confidence in using play to nurture your child's wellbeing



RVSP via the QR code

Location

Mingle Community Space, Suburban Land Agency Display Village, 3 Klaus Moje Street, Whitlam

Date & Time

Thursday 26th November, 9:45am

Contact us for more details

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