

Parent Resource

The Healing Powers of Play

During these times of uncertainty, a comforting thought may be that children are hard-wired to deal with trauma and difficult experiences through play, particularly socio-dramatic play. Through this pretend play, children can express themselves in a safe space and in ways that make sense to them. Families can support children's play by providing space, time, attention and participation and materials that children may use freely. The link provided is from Community Playthings entitled, *The Healing Powers of Play Dealing with COVID-19 Trauma*.

<http://www.communityplaythings.com/resources/articles/2020/the-healing-powers-of-play>

