

6 Benefits of Play Based Therapy

Ever wonder what your therapist is really working on when they are "only playing" with your child? Therapists know that the benefits of play based therapy are endless!



Rogers Bridge
Pediatric Therapy

“Children need the freedom and time to play. Play is not a luxury. Play is a necessity.”

Kay Redfield Jamison



Rogers Bridge
Pediatric Therapy

6 Benefits of Play Based Therapy

Improving attention and ability to complete tasks

To be successful in school and as an adult, you need to focus during lectures or while on the job. Completion of tasks is an essential life skill and can be as varied as washing your clothes to finishing a project on time at work.



Rogers Bridge
Pediatric Therapy

6 Benefits of Play Based Therapy

Building positive interactions
with others

Not only does play build positive interactions with others, but it is also the start of understanding the many nuances of socialization and how to communicate with others effectively.

6 Benefits of Play Based Therapy

Increasing vocabulary and use of words

During play, a child is usually happy and motivated. They are exploring and enjoying themselves. Children are more likely to make a connection to a new word, and eventually use the word, when they are happy and motivated by that word/activity.



6 Benefits of Play Based Therapy

Learning how objects work

Children learn how objects are used through observation and exploration. During play, they can explore and experiment with different items and learn how they work.

6 Benefits of Play Based Therapy

Learning cause and effect

Recognizing cause and effect starts simply with a baby crying and then being fed. The child learns that their cry signals to their caregiver that something is needed. When children are exploring during play, they learn cause and effect by stacking objects in a different way to keep them from falling. This can lead them to using words to request items, and learning which actions give them praise and which actions have negative consequences.

6 Benefits of Play Based Therapy

Learning more complex turn-taking skills

The simplest version of turn-taking starts with eye-gaze as a baby. As a baby grows and develops, so does the complexity of turn-taking. Eventually, this leads to turn-taking during games/activities to turn-taking during conversations.



Rogers Bridge
Pediatric Therapy