

CONNECTING WITH CHILDREN THROUGH PLAY

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ACTIVITY

PARENTING WORKSHOP



4 Session workshop for parents and their children.



60 minute sessions.



Half the session = parent training



Half the session = parents practicing play with their children

PARENT INTERVIEW

- Worried about POTENTIAL EMOTIONAL PROBLEMS that have not appeared yet.
- Want to have MORE COMMUNICATION
- Want to UNDERSTAND THE CHILD
- Already think they are OK, but want to be better
- Traditional values on “good” behavior e.g.:
 - Sticking to mom
 - Being quiet
 - Answering questions

Therefore Child's needs or Parent's needs?

SDQ 4-17 SCORES

	A	B	C	D
Conduct Problems	High	Raised	Avg	Raised
Emotional Problems	Avg	High	Avg	Avg
Hyperactivity	High	Avg	V High	Raised
Peer Problems	Avg	Raised	Avg	Raised
Prosocial	Avg	Avg	Avg	V high
Total Difficulties	Raised	Avg	Raised	Avg
impact score	Avg	Avg	Avg	Avg

ANECDOTAL COMMON CHARACTERISTICS OF PARENTS



Negative towards children's emotional expressions, e.g. crying, excessive talking, quietness



Expect children to LIKE difficult things. Complaints not allowed.



Expect validation and agreement of assumptions by adding, "...right?"



Assume the decision-making role unconsciously.

THE BAD NEWS...

- These habits/ common characteristics/ cultural traditions are:
 - Emotionally invalidating
 - Functionally suppresses “self” (expression/ growth/ learning)
 - Emphasizes **CONDITIONAL APPROVAL**



THE GOOD NEWS

- Child Centered Play Therapy (e.g. Garry Landreth) Covers this:
 - Unconditional Positive Regard – Emotionally Validating
 - Tracking, reflection – Self-affirming
 - Emphasizes SELF-DIRECTION



IMPLICATIONS FOR FAMILY MENTAL HEALTH



Mental health of the child relies on UPR from parents.



But parents, esp. with MI project issues onto their child (“I can’t let them go through this”).



Re-affirm the simplicity of UPR, expressed through tracking, reflection, and praise.



Help them focus on empathy and self-efficacy instead of criticism and perfectionism.

ACTIVITY I

- PAIRS, Designate who will Play A/B first
- B, think of a recent project/ task/ goal at your work.
- A observe B's facial expression, non-verbals, body posture etc. when B is thinking.
- A: “ **YOU FEEL** {a feeling/emotion you think they're feeling} ”
- B: “ {Yes/No} **I FEEL** {your feeling}, **because** {explain in 1-2 sentences} ”
- A: Tell them why they should be feeling happy instead of whatever they felt.
- SWAP ROLES

ACTIVITY 2

- NEW PAIRS, Designate who will Play A/B first
- Again, B, think of a recent project/ task/ goal at your work. Can be different.
- A observe B's facial expression, non-verbals, body posture etc. when B is thinking.
- A: “**YOU FEEL** {a feeling/emotion you think they're feeling}”
- B: “{Yes/No} **I FEEL** {your feeling}, **BECAUSE** {explain in 1-2 sentences}”
- A: “**I SEE, YOU'RE FEELING** {their feeling} **BECAUSE** {what they said}”
- SWAP ROLES

WHAT WAS
THE
DIFFERENCE?



THANK YOU

QUESTION AND ANSWERS