***Would it be helpful for your child to see a Therapist?***

Therapy can be extremely helpful for children! It can teach them how to identify, understand, and appropriately express and cope with their emotions. Children tend to show that they are struggling emotionally through their behaviors because they do not yet have the skills to verbally express their feelings. Therapy can also be helpful for the entire family especially during times of divorce, illness, or death.

Your child may benefit from therapy if:

* Your family is experiencing divorce, illness, or death
* Your child has experienced trauma or abuse
* Your child has Difficulty regulating their emotions
* Your child is crying excessively
* Your child is acting out in anger
* Your child is being aggressive
* Your child is isolating
* Your child is excessively clingy
* Your child is frequently defiant
* Your child is experiencing social problems
* Your child is bedwetting
* Your child is Self-Harming or having suicidal thoughts
* Your child is being bullied
* Your child is demonstrating other worrisome behavior changes

A Registered Play Therapist (RPT/RPT-S) is most appropriate for children 2-11 years old because they are specifically trained to work with young children and they use play therapy, which has proven to be an effective mental health approach. An RPT/RPT-S is a licensed mental health professional who has earned a Master’s degree or Doctorate degree in the mental health field. They have also obtained a significant amount of additional clinical experience and supervision. Parents can find therapists and additional helpful information about play therapy at The Association for Play Therapy website ([www.a4pt.org](http://www.a4pt.org)).