

An Overview of Autism and Play Therapy

It is often seen that autistic children cannot express themselves and their feelings properly. Don't ignore your child's autism suspicions. With timely medical help, you can improve the chances of your child. According to studies and experts, play therapy can best help develop social and emotional skills in children with autism. Play therapy is a great way to know your child's needs. As the saying goes, children with disabilities have a unique power to learn and understand things.

Today in this, we will learn about play therapy for autism and understand how it can benefit your child.

What is autism?

Autism spectrum disorder (ASD) refers to a range of neurodevelopmental disorders that affect the brain's development and the sufferer's social, behavioral, and communication abilities.

What is play therapy?

Play therapy allows children to play in an open environment. Play therapy helps children learn more about themselves under the supervision of a professional. Play therapy works as a guide for children.

What are the types of play therapy for autism?

Every child has a different tendency to perceive and react to things. Below we have discussed some of the popular play therapy techniques for autism.

- Floor time
- Integrated Play Group (IPG)
- Joint attention symbolic play engagement and regulation (JASPER)

What are the benefits of play therapy?

- Children get a healthy and positive environment to interact.
- Freedom to choose – like what and how to play.
- Children are helped to express their feelings.
- Makes children's thinking power creative.



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Play Therapy An Overview

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