Parents of Differently Wired Kids

Familias de niños que piensan diferente

Play and game therapy

Play • Stories • Role-playing • Games



What is it?

A therapist uses play and games to help children express feelings and practise skills.



Who might it suit?

Autistic children, children with ADHD or OCD, and gifted children. Individual needs and interests guide the approach.



Why can it help?

Play can offer less pressure to talk, more ways to connect, and space to explore feelings and try new responses.



What can it look like?

Stories, drawing, board games or a shared Dungeons & Dragons adventure.



Built around the child

Build on interests. Strengthen self-awareness and self-esteem. Involve and support the family.

Make the approach fit the child.

Therapy is guided by a professional and tailored to the child's goals.