

What to expect when you meet Kendre at Restore for the first time



Welcome to Restore!
This is what the outside of our building looks like.

Once you walk inside the building, our office will be to your right.



This is where you and your grown up will wait until I come out to say "hello." After saying "hello," our group will walk back to my office.

This is what my office looks like. First, we will find a cozy place to sit and do a check-in. We'll talk about how you have been feeling lately, what has been going well and what has been feeling hard.



After our check-in, we will talk and do activities like read a book, play with toys, make art, play games, and all sorts of things for about 50 minutes. After that, we will clean up together.

Once we are all done cleaning, we will say "goodbye" or "see you soon!" Then you and your grown up get to leave and have a great rest of your day!



What kids should know about playing with Kendre



Kendre is a safe grown-up who works in a safe office. Kendre is a helping grown-up and in Kendre's office, we get to play, talk, learn, explore your feelings and solve problems together.

Playing in Kendre's office is probably different than how you play at home. In Kendre's office, we can take out as many toys that we need and we will clean them up together at the end of our time.



Accidents happen *and* we also do our best to not break things, hurt people, or act unsafe when we are playing. If we can't stay safe, we will have to take a break from playing.

In Kendre's office:

All feelings are okay

All play is okay

All questions are okay

All mistakes are okay

as long as we are staying safe

it's okay to feel



your feelings



Sometimes Kendre needs to create extra rules. The rules are always created to:

Help us stay on track

Help us stay safe

Help us learn and grow

Kendre's job is to help you:

Express your feelings

Know what to do with BIG feelings

Learn ways to help your body feel calm

Solve tricky problems

Be brave



More pictures of Kendre's office

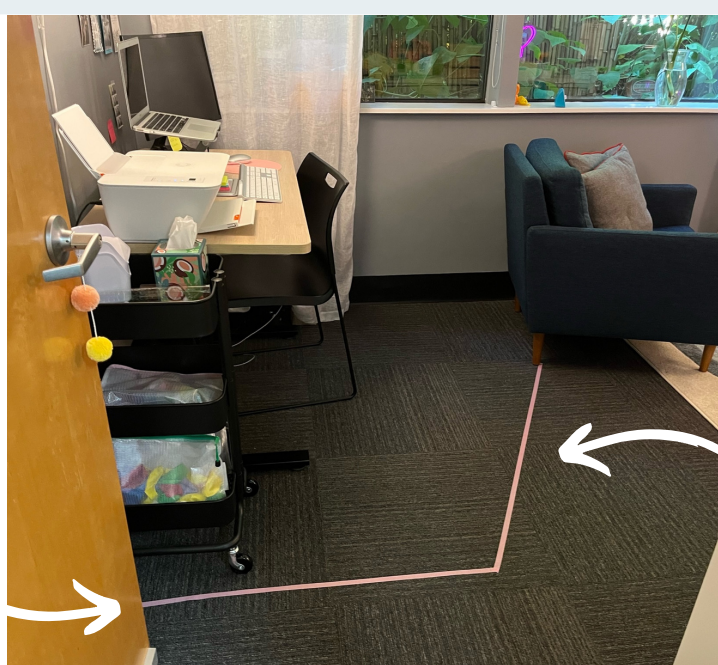
You can sit on the couch, bean bag chair or on the soft rug.

This is the chair that Kendre usually sits in.



The white bins to the right have toys and fidgets in them. Some of the toys I have include: dolls, pretend food, baby dolls, stuffies, cars, animals and dinosaurs!

Kendre's office has a boundary line marked on the floor. Only Kendre can walk behind the boundary line.

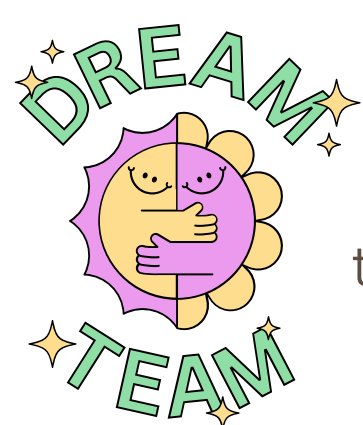


This is our children's waiting area. After the 1st appointment, you and your grown-up(s) can wait here instead of the front waiting area if you'd like.

Kendre's office is right here. When Kendre is ready, she will open her door and ask you to come in.



Important notes for grownups about play therapy



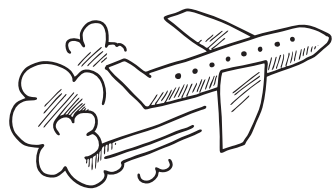
We will work together as a team. You are the expert on your child and I am the expert on children's mental health and play therapy. My role is to support you and your child during play in order to create opportunities for connection and healing to occur.

If you are feeling confused, uncomfortable, lost or want to process things further, please feel comfortable reflecting aloud during play, "what does Kendre think?" or request a parent-only session with me afterwards. I will also follow-up and schedule parent-only sessions with you to check in, answer questions and offer feedback as needed.



Play therapy is a structured, theoretically based approach to therapy that builds on the normal communicative and learning processes of children (Carmichael, 2006; Landreth, 2002; O'Connor & Schaefer, 1983). Play therapy is based on the theory that toys are children's words and play is their language (Landreth, 2002).

Let your child lead the play. Join their world how they want you to and don't try to change the outcome. During our play, ask your child questions like:



- Who do you want me to be?
- How do you want me to play?
- Am I getting it right?



Try to not make interpretations about their play. Instead of reflecting, "oh those guys must be bad, that's why they are going to jail," utilize a more curious statement like: "I wonder why they are going to jail" or "I wonder what happens next." The goal is to extend their play, not dictate it.

One of most important aspect of a caregiver/child relationship is interest, delight, and shared joy. Use this time to give your child your undivided attention. Please silence your phones or express your need to have your phone available during the appointment to set the expectation from the beginning.

