



Going to See a Play Therapist

A play therapist is someone who plays with kids and tries to help them with their problems.



My mom or dad or both may take me to see a play therapist.

The play therapist usually has an office.



Sometimes my parents may see the play therapist with me.

Sometimes I may see the play therapist by myself.

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There are toys to play with and other things to do at the play therapist's office.

I can play with the toys, games, and art materials.



The play therapist may talk to me.

I can talk to the play therapist and that's okay.

I don't have to talk to the play therapist and that's okay.

I can go to the play therapist's office and not feel nervous.



I can go to the play therapist's office and have fun.

I can go to the play therapist's office and feel better.

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